

BBC

# goodfood

May 2018  
DHS15 | QR15

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Middle East

## Ready for Ramadan

Middle Eastern recipes

Gourmet gifts

Fasting the healthy way

## Breaking fast

Iftars and Suhours to try  
in Dubai & Abu Dhabi

**17** new  
restaurants  
to visit at La Mer

**UAE fitness  
classes to try**

**TRY THIS:**  
Lamb biryani



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# Welcome to May!

This month at BBC Good Food Middle East we celebrate the region's rich heritage, beliefs and traditional values as we witness the start of Ramadan.

The holy month is a time for respect, appreciation and reflection, for all we're blessed with. And in recognition, we're taking the opportunity to learn a little something new about authentic Arabic cuisine – with delicious Middle Eastern recipes and recommendations to get you started, in our annual Ramadan issue.

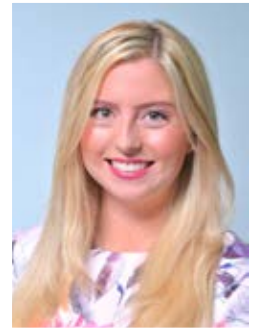
If you're looking for somewhere special to experience the breaking of fast at Iftar, we've put together a selection of some of our favourite venues across pages 22 to 26. Both Iftar and Suhour are fantastic cultural dining experiences for sharing quality time with loved ones over an Arabian feast with delights such as succulent dates, slow-cooked lamb ouzi (braised lamb on spiced rice), and moorishly good umm Ali (similar to bread pudding).

Or if you fancy it, try your hand at creating a traditional Arabic menu at home, we have some great twists on traditional favourites, like minty roast veg & hummus salad (p32), and beetroot & lentil tabbouleh (p35) to start the meal. To keep things healthy while fasting, the green shakshuka (p35) made with chard and kale is a hearty and nutritious option. Don't miss our cover recipe of succulent lamb biryani (p36), before ending things on a sweet note with the banana custard with dates & honeycomb recipe on page 68.

Inside, you'll also find a wealth of health advice for staying healthy during Ramadan, plus a gourmet gifting guide for treating your loved ones with this month.

I hope this issue helps you to discover new culinary delights on offer this Ramadan, and as always, continue to embrace new flavours, ingredients and cooking methods.

Ramadan Kareem to you and yours,



*Sophie*  
Editor

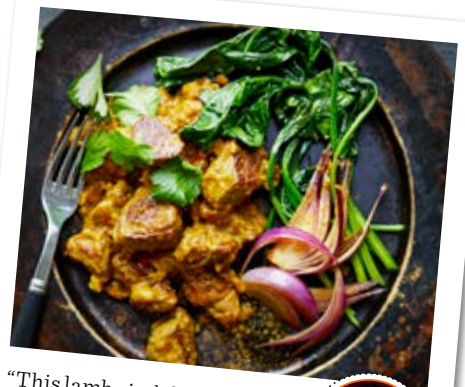
## WHAT WE'RE LOVING!



"For a healthy, nutritious dinner that doesn't compromise on flavour, try this steak & Vietnamese noodle salad," says sales executive, Liz.



Sales director, Michael says: "For a Middle Eastern favourite with a healthy twist, this green shakshuka is fantastic!"



"This lamb vindaloo recipe is great for those who like a bit of heat", says designer, Froilan.





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## Our recipe descriptions

**V** Suitable for vegetarians.

**❄️** You can freeze it.

**❄️** Not suitable for freezing.

**Easy** Simple recipes even beginners can make.

**A little effort** These require a bit more skill and confidence – such as making pastry.

**More of a challenge** Recipes aimed at experienced cooks.

**Low fat** 12g or less per portion.

**Low cal** 500 calories or less per main.

**Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

**Good for you** Low in saturated fat, low in salt.

**Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

**1 of 5-a-day** The number of portions of fruit and/or veg contained in a serving.

**Vit C** **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

**GLUTEN FREE** Indicates a recipe is free from gluten.

**Some recipes contain pork & alcohol.**

**These are clearly marked and are for non-Muslims only. Look for these symbols:**

**P** Contains pork.

**A** Contains alcohol.



# gf YOUR SAY

We love hearing from you!

## STAR LETTER



**A**s a mother of three, I find it difficult to stay on track when it comes to eating healthy and working out. With a full time job and a never-ending list of things to do with the kids, I feel like I've really been neglecting myself recently and I've made a promise to myself to try and change that! Helping me to do so is your trusted list of 'healthy restaurants to try' in your April issue, and the quick to make recipes – they really assist when it comes to planning, or knowing where to pop into when I'm out and about, as opposed to grabbing a quick (very bad for me) cheeseburger for convenience. I really look forward to the new suggestions, so thanks BBC Good Food ME.

**Lindsay Millar**



BBC Good Food ME, thank you for the recommendation to dine at Il Ristorante - Niko Romito at the new Bulgari Hotel. My husband and I went there for date night last week and absolutely loved it. As described, the al fresco terrace almost transports you outside of Dubai to somewhere in Europe. The prices are much more reasonable than I expected and we loved the simplicity of the food and focus on quality ingredients. Please keep the recommendations coming!

**Vanessa Kingley**



After the news of chef Pierre Gagnaire re-opening Reflets as 'Pierre's Bistro & Bar' broke last month, I couldn't wait to try it (thanks for the heads up). I just wanted to share congratulations to the team at InterContinental Festival City for not giving up on the space. All too often these days in Dubai restaurants are open one minute and closed the next, and it's refreshing to see the team behind Pierre's Bistro & Bar giving it another shot – a very great shot, may I add. Excellent food, service and venue.

**Alexandria Celeste**

## WIN!

The Winner of the Star letter receives a **1,000 AED shopping voucher from Tavola**, the leading retailer for your favorite brands of kitchen products, tableware and bakeware. Shop for Alessi, WMF, Staub, Zwilling Henckels, Vitamix, Wilton and much more in our stores across the GCC and online: **[www.tavolashop.com](http://www.tavolashop.com)**



## TALK TO US!

Email us on **[feedback@bbcgoodfoodme.com](mailto:feedback@bbcgoodfoodme.com)** with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:



Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.





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## A reflection of true Ramadan hospitality.

Experience this auspicious occasion at the world's tallest 5-star hotel with three delectable Iftar options starting from sunset to 8.30pm.

**Al Fanous at Dubai Ballroom:** Iftar buffet, AED 215 per person

**Kitchen6:** Iftar buffet, AED 225 per person

**Rang Mahal by Atul Kochhar:** 3-course Iftar set menu, AED 225 per person

Children's policy applies.

For bookings below 50 people, call +971 4 414 3000 or email [jwmmrr@marriott.com](mailto:jwmmrr@marriott.com).

For Corporate Iftars above 50 guests, call +971 4 414 2000 or email [jwmarquis.dubai@marriott.com](mailto:jwmarquis.dubai@marriott.com).

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# NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



## 17 new restaurants to try at La Mer

La Mer, the beachfront dining and lifestyle destination located between Pearl Jumeirah and Jumeirah Bay, has added 17 brand new concepts to its existing 71 outlets over the last couple of months.

The additional new eateries have expanded the range of cuisines from around the world available at La Mer. Among the additions, there's P.F. Chang's that serves Chinese food the American way, steak restaurant Texas Roadhouse, Roman-style pizzeria Alice Pizza, French deli Pomme de Pain, Five Guys, the American burger restaurant, and Kaftan, the purveyor of traditional Ottoman and modern Turkish cuisine. The recently open AçaiXpress offers healthy options, and incorporates the Brazilian acai berry into its menu.

For something different, sample Asian food with an Emirati twist at Street Style by Gossip, try new flavours of bubble tea at Booba, or enjoy a quick bite at one of the new urban street food outlets including Pretzel World, Roti Rollers and The Chickery. Sports fans can enjoy live game coverage and American cuisine at Stars N Bars.

And, for those with a sweet tooth, indulge at Creptastic, where you'll find a wide range of crepe flavours, or head to HEIK Knafeh Culture, which offers an unconventional take on knafeh. In addition, The Inventing Room offers an exciting experience with flavoursome ingredients, such as exploding whipped cream and burnt marshmallow fluff, prepared using liquid nitrogen, while Tart Bakery, Dubai's newest patisserie invites you to experience and appreciate the art of tart. Vicens also opened its doors at La Mer, bringing its long nougat traditions to the city. For more information, visit [lamerdubai.ae](http://lamerdubai.ae).

# THE BEST BITES



Text SOPHIE MCCARRICK | Photographs SUPPLIED





## Caesars Palace is coming to Dubai

**The Las Vegas-born favourite will open six 'celebrity' restaurants at new Bluewaters island**

Expected to open during the fourth quarter of 2018 on the new Bluewaters manmade island opposite Jumeirah Beach Residence, Meraas has revealed that Caesars Palace will make its Dubai debut, representing the world's second property in addition to Las Vegas.

Six new restaurants will open at the new 178-key Caesars Palace, which are said to be celebrity-driven and all boast world-class entertainment elements. There will also be a new beach club.

To facilitate access to Bluewaters, Meraas has developed, in cooperation with Dubai's Roads and Transport Authority, a bridge that connects Bluewaters directly to Sheikh Zayed Road. We're told that a group transit system will also become operational to shuttle passengers in fully-automated vehicles on four-minute trips between the island and Dubai Metro. The island will also connect with The Beach via a 265-metre pedestrian bridge.

## TOP PRODUCT PICK

We love this new retro SMEG FAB50 fridge! Making the perfect statement to any home, this bold and curvy retro-style, double door refrigerator comes in a variety of colours including pastel blue as pictured. With a total gross volume of 467 litres and a freezer capacity of 5.5kg, this brand-new fridge features unmistakably vintage designs whose classic, curvaceous lines and beautiful colours combine with cutting edge technology. Priced at Dhs11,670, the SMEG FEB50 is now available at all Better Life stores across the UAE. See [betterlifeuae.com](http://betterlifeuae.com).



## WHIPPED BAKERY OPENS DOORS

Locally homegrown brand, Whipped Bakery has opened its first flagship shop in Dar Wasl Mall on Al Wasl Road. Known for specialising in scrumptious American desserts and treats including cookies, slices and bakes, peanut brittle, and giant jars of homemade salted caramel, Whipped Bakery is spearheaded by American expat and baker, Gina Pistone, who launched the brand in 2014 at the artisan Arte Market. Open seven days a week from 11am to 10pm, the store is now fully operational. For more information call 058 532 7401, e-mail [info@whipped.ae](mailto:info@whipped.ae) or visit [whipped.ae](http://whipped.ae).





## Airport shopping with Spinneys is now possible

Need to do a bit of last-minute airport shopping? You'll be pleased to hear that Spinneys has just opened its latest store in Dubai International Airport, Terminal 1. Spinney's fresh food offering will now be accessible to international and domestic travellers – a first for the region.

Open seven days a week and 24-hours a day, the new supermarket features a range of on-site facilities, including an in-store bakery, fresh cold and hot deli where passengers and airport employees can pick up freshly baked breads, tasty fruits and vegetables and fresh, prepared food to go, mixed salads and every day staples.

A further two stores will be opening in the coming months with more details to follow soon.

"Our new store means we can ensure families travelling through the airport can get their hands on fresh, great-tasting food to take home, whilst airport workers can 'Eat well, Live Well' with healthy and convenient lunch options at great value," said Spinneys CEO, Matt Frost.



## Luxury Swiss chocolatier opens at The Dubai Mall

Sprüngli, a premium chocolatier from Switzerland has opened a stand-alone boutique and café in The Dubai Mall. This is the chocolatier's second branch opening in five months following its success at the The Galleria Mall on Al Maryah Island in Abu Dhabi.

With Sprüngli products only exclusively available in their own boutiques, expect to find artisan crafted products from Switzerland in-store including the Sprüngli macaroon 'Luxemburgerli', pralines and truffles, plus their popular hot chocolate, aromatic coffee and tea. Sprüngli also offers chocolates exclusive to its UAE customers, such as the coconut truffle or the Sprüngli Logo praline in milk with an almond gianduja filling.



## Pay it forward this Ramadan

In the spirit of giving during Ramadan, Rove Hotels will be giving all guests to its Iftar meal a voucher with the value of an additional Iftar meal to use at The Daily restaurant, as part of a 'pay it forward' initiative. With the given voucher, guests can then 'pass it on' by sharing it with family, friends or those whom they feel deserve a good deed.

Rove Hotels has also partnered with Mawaheb, a Dubai-based art studio who work with adults and teenagers of determination (members pictured). Mawaheb's aim is to bridge the gap between society and the determined ones in a creative manner by providing the artists with an opportunity to develop life, social, and communication skills through the medium of art.

Visitors to The Daily will also have the chance to deposit their vouchers inside one of the boxes showcasing the Mawaheb art located within each one of the hotels for the artists and families to enjoy.

To join in, visit The Daily at any of Rove Hotels (Rove City Centre, Rove Trade Centre, Rove Healthcare City and the newly opened Rove Dubai Marina) to enjoy an Iftar buffet, inclusive of traditional Ramadan juices and dishes for Dhs99 per person. Visit [rovehotels.com](http://rovehotels.com).





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# Flavours of the *month*

Here is what's hot and happening around town this month.

## New on the block

### 👉 Hotel Cartagena, JW Marriott Marquis Dubai

The bohemian, flamboyant, Latina American doors of Hotel Cartagena are now open on the 72nd floor of JW Marriott Marquis Dubai. Comprising a restaurant, lounge and bar, the exuberant new spot is described as an urban jungle full of exotic plants, garden gnomes, pink flamingos, vintage books, parrots and peacocks. The cuisine here is said to be 'Latin without borders', offering a tour of South America and the Caribbean islands. Hotel Cartagena is open daily from 5.30pm to 3am, and from 1.30pm on Fridays for its newly-launched brunch. See [hotelcartagena.ae](http://hotelcartagena.ae).

### 👉 Bao Wow, City Walk

Bao Wow is an Asian street-food concept now open at City Walk. The restaurant's menu incorporates traditional and modern dishes from China, Japan, Korea, Singapore and Taiwan. The name Bao Wow is inspired by steamed buns filled with an array of delicious fillings that are the restaurant's signature dish. Dishes on the menu include steamed gyoza with chicken presented on smoky dry ice, maki rolls, assorted dim sum, stir-fried Singapore-style vermicelli noodles with pak choi, shallots and curry powder, and beef ramen, made from three different types of stock. See [@baowowdubai](https://www.baowowdubai.com) on social media.

### 👉 Five Guys, Al Seef

Five Guys has opened its sixth restaurant in the UAE at the charming new district Al Seef, located on the banks of the Dubai Creek. Five Guys offers 100% customisable Halal burgers and hotdogs with up to 15 free toppings, grilled cheese sandwiches, veggie sandwiches, fries, and customisable milkshakes in its brand-new location. Everything is freshly prepared and made to order, from hand-cut fries right through to the patties prepared daily from 100% Halal beef. See [fiveguys.me](http://fiveguys.me).

Hotel Cartagena, JW Marriott Marquis Dubai

Text by SOPHIE MCCARRICK | Photographs SUPPLIED





WHERE TO  
GO FOR A  
ROAST  
DINNER....

### 👉 The Lion by Nick & Scott, H Hotel

The newly rebranded British pub, The Lion by Nick & Scott has introduced two weekly brunches. First up on Thursday nights, groups can indulge in a Dhs300 package that includes a platter of starters to share with an individual choice of main and dessert. They're also offering an extra hour of beverage brunching for Dhs100. The menu is set to change on a weekly basis but will serve up the best of Nick & Scott's British recipes to offer UK favourites such as a traditional roast dinner, fish and chips, crushed peas and tartare sauce, beef in Murphy's pudding with mash and gravy and curried coconut chicken, cardamom rice and naan bread and a selection of desserts.

Secondly there's a Friday brunch. Performing a weekly three-hour set, the Friday brunch welcomes Richard Simon Kennedy a singer and guitarist who has performed the London circuit at venues such as Ronnie Scott's, Jazz Club and The Boileroom – bringing modern versions the best British tracks, from the 70's until now. Thursday brunch is from 7pm, whilst Friday brunch is from 3pm to 6pm and is priced at Dhs300 for three hours with house beverages, plus Dhs100 for an extended house of beverages. For more information or to make a reservation, e-mail [book@theliondubai.ae](mailto:book@theliondubai.ae).

### 👉 Bread Street Kitchen & Bar, Atlantis, The Palm

Bread Street Kitchen & Bar is introducing Gordon Ramsay's Roast Revolution to Dubai, with a new Saturday roast offering for Dhs135 per person between 12pm until 4pm every week. As well as the individual roast offering, Bread Street Kitchen has also launched a new 'Host My Roast' dining option, which is available for groups of six or more to experience a delicious roast dinner with none of the required effort of cooking for a large group for just Dhs750 (Dhs125 per person). Diners can look forward to roast sirloin of beef, accompanied by all the usual trimmings such as Yorkshire pudding, roast potatoes, cauliflower cheese and many more traditional sides. In addition, guests will be treated to a complimentary taster of Gordon's favourite childhood dessert, the English trifle. For more information or to make a reservation call +971 4 426 1000, or visit [atlantisthepalm.com](http://atlantisthepalm.com).



DINE &  
WATCH  
THE ROYAL  
WEDDING

### 👉 Emirates Central, Emirates Golf Club

On May 19, a special Royal Wedding Brunch will be held at the Emirates Central between 1.30pm to 5pm, with a range of packages available, to see Prince Harry marry Meghan Markle. Prices start at Dhs299 for food and soft beverages, Dhs415 with select house beverages, Dhs475 with sparkling and Dhs685 with champagne. Children between 7 to 12 years can enjoy the festivities for Dhs90, with under 7's dining for free.

Starters will include a range of traditional fresh sandwiches such as cucumber & cream cheese, egg & cress and beef & horseradish, plus crisp garden salads and hot snacks such as cheese puffs. For mains, take your pick of British classics, such as whole poached salmon, sliced roast beef and homemade Coronation chicken, with sweets including profiteroles, apple pie, banoffee pie, cheesecake, trifle and tarte au citron, to conclude.

There will be prizes for the 'Best Dressed', including dinner at the newly opened canine restaurant and Jones the Grocer. For more information or reservations, call 04-4179999 or e-mail [emiratesdining@dubaigolf.com](mailto:emiratesdining@dubaigolf.com).

### 👉 The Scene, Pier 7

The Scene is set to host a 'proper royal wedding watch party' with all things quintessentially British from afternoon tea, bunting displayed in red, white and blue, and face painting for kids. With the occasion live on TV from 1pm, enjoy afternoon tea with a G&T (Dhs175 for five beverages), or if you'd like to start the celebrations early, come to the 'Rehearsal Dinner' on May 18 and enjoy the 'Wellington for 2' deal, priced at Dhs249 per couple. For more information or to make a reservation, call 04-4222328.



### 👉 BiCE, Hilton Dubai Jumeirah

In honour of the royal wedding, BiCE at the Hilton at Jumeirah Beach Residence is hosting a special Saturday brunch. In formal, fancy fashion, guests of the brunch are encouraged to wear their finest attire to watch the wedding of the year from big screens, while enjoying a three-course British-themed set menu with free-flowing beverages. Taking place from 2.30pm to 6pm on May 19, the brunch is priced at Dhs450 per person. For more information or to make a reservation, call 056-1882766.





### 👉 **Katsuya by Starck, The Dubai Mall**

After the successful launch of its stylish Japanese restaurant at the Jumeirah Al Naseem Hotel, Katsuya by Starck has re-opened at the new Fashion Avenue extension at The Dubai Mall. Open for both lunch and dinner, Katsuya by Starck boasts a menu dedicated to Japanese flavours, featuring highlights of specialty mocktails, delectable Robata grills, maki rolls and sushi platters, all carefully prepared by Katsuya's team of culinary experts. Choose to be seated indoors at the ultra-trendy sushi bar and restaurant area, or outdoors on the terrace while catching views of the Dubai fountains. For a more intimate affair, Starck's carefully designed 'private dining area' is the perfect place to celebrate a special occasion or simply indulge in a Katsuya feast with your loved ones. For more information, see [katsuyarestaurant.com](http://katsuyarestaurant.com).



### 👉 **Demoiselle by Galvin, City Walk**

French-inspired bistro, Demoiselle by Galvin has launched a wholesome new lunch menu. The meal commences with a soup of the day, while main courses call for a range of options to choose from, with highlights including smoked beef pancetta,

with crème fraîche, shallots and rich Gruyere cheese. One to not miss, a breakfast inspired lunch special – warm poached egg, heritage beetroot, walnuts, rocket and balsamic dressing. For those looking to truly indulge in a Demoiselle classic, one can opt for the Demoiselle club sandwich, both nutritious and delicious. Complete the balanced lunch offering with a cup of artisan coffee, fresh summer juices or select from a range of Demoiselle's signature tea collection. Demoiselle by Galvin's lunch menu is priced at Dhs53 per person and is available every day from 12pm to 3.30pm. For more information or to make a reservation, call 04-5905076.

### 👉 **Levee, La Mer**

If you're looking for a weekend spot to start your day with a hearty meal, great seaside views, and lovely morning ambiance, head to Levee, La Mer's newest culinary gem for authentic French Mediterranean cuisine. Situated right by the beach, welcome the day with a cup of premium coffee roasts or better yet, a dose of vitamins with freshly squeezed juices. The venue also serves delicious breakfast favorites like acai bowls complete with homemade granola, classic French toast, shakshuka eggs, morning bagels, and a wide array of freshly baked bread and pastries. For information and to make a booking, call 04-380 2000 or e-mail [dine@leveecafeandlounge.ae](mailto:dine@leveecafeandlounge.ae).

**TWO NEW  
BRUNCHES  
TO TRY!**



### 👉 **Asia de Cuba, Westin Dubai Mina Seyahi Beach Resort & Marina**

Looking for a new brunch to try on Friday? Get ready to embark on the ultimate carnival experience at the newly launched Brunch by Asia de Cuba at the Westin Dubai Mina Seyahi Beach Resort & Marina. Set across two floors of dining space, the Chino-Latino eatery, is transformed every Friday into the bustling streets of 1950s Cuba, boasting a vivacious and fun atmosphere, exquisite free-flow cocktails and delicious food stations to explore.

Upon arrival, expect three food boxes to the table. These include a 'Snack Box', containing Latin American favourites like ropavieja spring rolls and empanadas, an Asian inspired 'Sushi Box' and the 'Duck Set', which comes complete with roasted peking duck, pancakes, guava hoisin, leeks and cucumber. Offering a selection of the menu's signature dishes, you can then indulge in the restaurant's best-sellers such as the tuna pica tartare, the ceviche and sushi bar, buckets of fresh lobster, prawns, seafood and salads - whilst upstairs tempts with the dedicated El Lochón station, an El Wok station (serving up Asian classics with a twist) and the El Carving station, where beef prime rib and teriyaki salmon await.

Taking place every Friday from 12.30pm to 3pm, brunch is priced at Dhs345 with house beverages. See [asiadecuba.com](http://asiadecuba.com).



### 👉 **Armarni Deli, Armani Hotel**

The Il Brunch Italiano at Armarni Deli is where rustic flavours meet premium ingredients overlooking the Dubai Fountain for a truly flexible long brunch at your leisure, from lunch until late evening. Expect gleaming glass vitrines filled with classic antipasti, talented Sardinian chefs cooking up your favourite risotto and pasta combinations, or carving a prime cut of beef, a cheese tasting room, crudo bar and delicatessen, live music, and a collection of beverage destinations for all things muddled, spritzed and vintage. The three-hour package is available any time from 12.30pm to 9pm every Friday and is priced at Dhs450 including house beverages and Dhs310 with soft drinks. For reservations call +971 4 888 3666, e-mail [restaurant.servations@armanihotels.com](mailto:restaurant.servations@armanihotels.com).





# ENJOY GOOD FOOD WITH GOOD PEOPLE

Head to Joe's Crab Shack to enjoy fresh seafood, authentic flavours and Southern flair



For most people, the definition of 'good food' changes depending on how you feel. Sometimes, 'good food' means a much-needed hearty pasta dish, and on other days, it means a clean tasty burger, or going for a juicy steak while catching up with your best friend. At the weekends, 'good food' might even mean the cheat day from all that working out during the week. Or sticking to the proteins to maintain your summer bod!

However, one universal definition of 'good food' that everyone agrees on is a big platter of fresh seafood, the yummy sides that just hit the spot and all the time in the world to enjoy your favourite people. Welcome to Joe's Crab Shack.

Throw on your jeans, call up your crew with the juiciest news and head over to Joe's Crab Shack to crack some crab claws while you guys catch up. Kick back, hang out and enjoy a wide range of mussels, shrimp, lobster and salmon dishes, and of course our world-famous crab. Fancy some wings, steak or something spicy instead? No problem, it's all there on the menu.

And the best part? It's you, just enjoying good food with good people!



## WHAT?

American style seafood

## WHERE?

Dubai Mall  
Downtown Dubai  
Level 1, Behind Aquarium, The  
Dubai Mall, Downtown Dubai

Dubai Festival City Mall  
North Ground Level, Cannel  
Walk Area 1, Dubai Festival City

## WHEN?

Dubai Mall: 10am to 12 midnight,  
Monday-Sunday / 10am to 1am,  
Thursday-Friday  
Dubai Festival City: 10am to 12  
midnight, Monday-Sunday



## EAT OUT

# ABU DHABI

Dining deals and happenings in the capital this month.

### VASCO'S, HILTON ABU DHABI

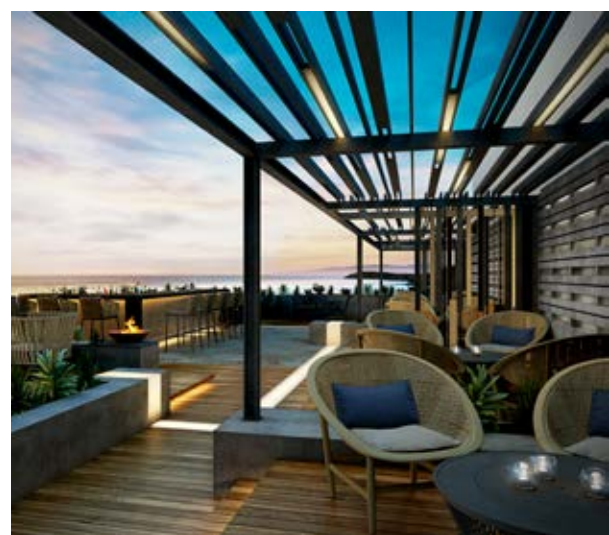
Vasco's, the nautical-themed beachside restaurant at Hilton Abu Dhabi has launched a weekend special dining package inclusive of a three-course set menu and access to



the Hiltonia beach and pool. The all-new 'Double Treat Specials' at Vasco's is available on Fridays and Saturdays, and is inclusive of a three-course lunch meal as well as same day access to the Hiltonia beach and pool for a starting price of just Dhs189. Two more types of packages are on offer for those who plan to have a few drinks as well. At Dhs254 you can enjoy unlimited soft beverages, fresh juices and mocktails; while at Dhs344, there will be a free flow of selected house beverages and classic cocktails. The three-course set menu features Vasco's salad bar and a dessert platter served at the table. For mains, choose one signature dish from the a la carte menu which includes signature dishes from the land and the sea featuring Indian, Portuguese and African cuisine. For more information or reservations, call +971 (0)2 692 4247.

### TURTLE BAY BAR & GRILL, SAADIYAT ROTANA RESORT & VILLAS

Now open and the newly-launched Saadiyat Rotana Resort & Villas, Turtle Bay Bar & Grill is an ambient restaurant with a stunning rooftop bar and relaxed sounds from live DJs – the perfect spot to watch the sunset. Expect to find surf, turf and grilled delicacies on the menu, to enjoy for both lunch and dinner. At lunch, the outlet takes a more relaxed approach, but as the evening moves sip on lavish drinks from the rooftop terrace with beach views and later enjoy grilled meats or locally-caught fish. For more information or reservations, call on +971 2 697 0000.



### COYA ABU DHABI, AL MARYAH ISLAND

COYA Abu Dhabi is celebrating the summer season in nautical style with its glamorous annual La Noche Blanca White Summer Party in the capital on May 11. Setting its sails for a summer celebration, the international Peruvian restaurant that brought its signature flavours and multi-sensory experience to Abu Dhabi in 2017, will transform into cool white for a Riviera Chic themed party. Known for its cool vibe, guests are invited to sip on COYA's famous beverages and enjoy the up-tempo beats from special guest DJ Paul Svenson and resident DJ Alonso with percussionist Walter Scalzone. For more information or reservations, please e-mail [reservations.ad@coyarestaurant.ae](mailto:reservations.ad@coyarestaurant.ae) or call +971 (0)2 306 7000.



### EL SOMBRERO, SHERATON ABU DHABI HOTEL & RESORT

Taking place every Friday during Ramadan after sunset (with alcohol service), there'll be an all-inclusive food and beverage package available for the price of Dhs249 at El Sombrero from 6pm to 11pm. At the Mexican restaurant, expect everything from crispy chicken taquitos, nachos and chipotle chilli chicken wings to sizzling fajitas, traditional enchiladas, chimichangas, burritos and much more. For more information or reservations, visit [elsombreroabudhabi.com](http://elsombreroabudhabi.com) or call 02 677 3333.





#### RAMADAN PAVILION, EMIRATES PALACE

Hosting Iftar and Suhour daily during Ramadan, Emirates Palace's 'Ramadan Pavilion' is custom built and will sit on the Palace Terrace with beachside views. With a large open dining area for Iftar buffets, a separate lounge area and private majlis, guests will enjoy the best traditional dishes. Signature dishes and traditional delicacies of the holy month will be offered in a sprawling buffet every night for Iftar. With live cooking and carving stations to whet every palate, succulent grilled meats with traditional accompaniments and other traditional Emirati favourites, a selection of continental delicacies and an assortment of desserts, the Iftar buffet and à la carte Suhour menu will offer a truly inspiring experience for all senses. Ramadan Pavilion rates are Dhs320 for the Iftar buffet and a minimum spend of Dhs180 for the Suhour à la carte menu. For more information or reservations, call +971 (0) 2690 7999 or email [restaurants@emiratespalace.ae](mailto:restaurants@emiratespalace.ae).

#### PAPPAGALLO, LE MERIDIEN ABUDHABI

From 7pm to 11pm daily during Ramadan, indulge with Pappagallo's 'all you can eat pizza' deal for Dhs89 per person. Pappagallo awaits with plenty of freshly cooked choices – right from the wooden oven. One house beverage is included in the price. For more information or reservations, call 02 644 6666.



#### STARS 'N' BARS, YAS MARINA

Love tacos? Head to Stars 'n' Bars on a Tuesday, where every week from 8pm onwards the restaurant will host 'Taco Tuesday & Pub Quiz' night. A great night out for brainiacs and general knowledge buffs. The fun but semi-serious quiz is hosted by the very entertaining quizmaster Darryl Rees. The test of wit begins at 8pm and there are lots of prizes up for grabs, with 2 for 1 specials on taco platters and specials on paired Mexican drinks. For more information call 02 565 0101.



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CITRUS



# Tried & tasted

Each month, we review four of the city's top tables.



Reviewed by **Sophie McCarrick**  
*Editor of BBC Good Food Middle East, lover of all things food and a keen seeker of new dining experiences.*



## Where?

### **MORIMOTO DUBAI, RENAISSANCE DOWNTOWN DUBAI**

**Dining experience:** Dinner

## What's it like?

Newly open at the Renaissance Downtown Dubai Hotel in Business Bay, Morimoto Dubai is one of this year's most anticipated openings. Occupying the property's 23rd and 24th floors, the huge venue comprises a restaurant, lounge, bar and terrace, all of which offer the most magnificent views over Burj Khalifa. Entry is via a separate, roadside entrance to the hotel's main lobby and once inside, the vibe is cool, stylish and upbeat, with distinctive Japanese design and artwork mixed with contemporary architecture.

Morimoto Dubai is the restaurant of famed chef Masaharu Morimoto – known to many as the star of *Iron Chef* and *Iron Chef America*. The accomplished chef who came from beginnings at the original Nobu in New York, has restaurants worldwide in destinations like Las Vegas, Honolulu, Tokyo, Mumbai and more.

With gorgeous floor-to-ceiling windows, the space at Morimoto Dubai is glamorous and sets the scene for an all-round spot for a great night out. Choose to enjoy dinner at one of several Teppanyaki tables, the sushi counter, inside the main dining room or for a more exclusive experience, opt to dine in one of the individually designed private dining rooms. Pre- or post-dinner, enjoy well-crafted mocktails or cocktails at the upstairs bar or outdoors on the breathtaking terrace.



## What are the food highlights?

The menu at Morimoto Dubai offers a great range of Japanese dishes, influenced by American flavour preferences. As expected, the selection on sushi on offer is impressive. We opted to start with the signature Morimoto chirashi sushi selection of different fish and vegetable maki and nigiri, which showcased ingredients like spicy tuna, salmon, eel, yellowtail and pickled root vegetable, before moving on to one of my favourite dishes of the evening – surprisingly – the tuna pizza. The flavour-bursting dish came with slices of tuna sashimi on top of a light, crisp base, drizzled with anchovy aioli and sprinkled with olives and jalapeno – all-round very tasty and easy to eat.

Next came a light and zingy dish of whitefish carpaccio with hot oil, mitsuba and yuzu soy, followed by a hearty dish of ishi yaki buri bop – yellowtail on rice cooked at the table in a hot stone bowl – a bowl hot enough at over 400°C to sear the fish on the spot. This dish packed a lot of flavour and I'd recommend trying this if you're looking for something filling.



To share, we enjoyed the 300g Australian wagyu striploin with sweet onion garlic jus, which came cut into chunks and was cooked to melt-in-your-mouth perfection.

For the lovers of chocolate, don't miss the melting chocolate sphere dessert that the server flambés at the table, or alternatively, go for the slightly lighter option of s'more's.

**How was the service?** The team at Morimoto Dubai were friendly and attentive – they ensured we were well taken care of and had a great time.

**The bottom line:** The vibe at Morimoto is alive and uplifting. It's a fun, chic venue that's ideal for visiting with a group of friends or with you and your other half. As a tip, the restaurant has several private dining terraces, accessible only by secret password (how cool!) and at the moment we're told there's no extra charge for booking these exclusive spaces – I imagine this will soon change once word spreads. Also, make sure to bring your best photo game, as there's a brightly lit infinity room tucked away in the restaurant, that's perfect for taking a few Instagram-worthy shots in.

**Want to go?** Priced at around Dhs350 per person for three-courses, without beverages. For more information or to make a reservation, call 04-5125577 or see [morimotodubai.com](http://morimotodubai.com).

## Where?

## PIERRE'S BISTRO & BAR, INTERCONTINENTAL FESTIVAL CITY

**Dining experience:** Dinner

### What's it like?

If you were a fan of the much-loved Reflets par Pierre Gagnaire that sadly closed last year, you'll be pleased to know that the talented French chef has refurbished the space into something new, with the launch of Pierre's Bistro & Bar.

The re-vamped space is much more casual than Reflets was, however, the same attention to high-quality ingredients and delicious dishes remains.

Pierre's is now a contemporary chic restaurant, bar and lounge that offers sweeping panoramic views over Dubai Creek where you'll see various impressive laser and water fountain shows each night. Inside the vibe is sophisticated yet relaxed – making it the ideal place to enjoy great food over a few drinks.

The space feels much more open now, with a beautiful, feminine colour palette of earthy pinks, greens and golds.

Offering a more energised atmosphere, Pierre's now hosts Dj sets from Wednesday to Saturday each week.

### What are the food highlights?

Dinner begins with a selection of breads including a warm, freshly baked baguette served with the most incredibly creamy, salted French butter – the simple pairing is so good that I finish the entire serving. The showcasing of beautiful premium ingredients with simplicity continues with a starter dish



of cured jambons and Pierre's signature Gaya oysters, which were served with zesty lemon gel, sardines rilette, thinly sliced banana and a dash of coriander.

For mains, if you're in the mood for meat, the grilled wagyu beef ribeye is a dream to enjoy. The pressed beef is tender, buttery and pairs beautifully with béarnaise sauce. Alternatively, the poached seabass is delicate and

cooked superbly. For a real French experience, try the frog legs with creamy poulet sauce.

When it comes to dessert, we choose the divine-looking 'Reflets apple tart' that I'd spotted on a fellow diner's table, but our waiter informed that this must be ordered at the beginning of the meal, to our disappointment. Instead, we choose to share the 'Pierre's tiramisu', which certainly didn't disappoint. The large portion was incredibly light, with airy, fluffy mascarpone, dashed with powdered chocolate – it was delicious.

**How was the service?** The front of house team at Pierre's offer charming French flair and sophistication. Their professionalism is warm and welcoming, ensuring that your experience is attentive but not intrusive.

**The bottom line:** A perfect date night spot to enjoy high-quality food with your loved one, or as a fabulous catch-up night with the girls.

**Want to go?** Priced at around Dhs300 per person for three-courses without beverages. For more information or to make a reservation, call 04-7011127, e-mail [pierres.dubai@ihg.com](mailto:pierres.dubai@ihg.com) or visit [pierresdubai.com](http://pierresdubai.com).







**Where?**  
**NOBU, ATLANTIS,  
 THE PALM**

**Dining experience:** Brunch  
**What's it like?**

Nobu, the world-famous restaurant by renowned chef Nobu Matsuhisa, recently launched its new 'The World of Nobu' Friday brunch, which showcases signature dishes from ten international Nobu restaurants.

Upon arrival, choose to have a drink at the bar or head straight to the table to begin enjoying food. The hybrid buffet and a la carte brunch sees a selection of sushi and sashimi, plus a few desserts served from the counter, while the rest is served to the table.

The atmosphere for brunch is very relaxed, with a live violinist performing later on in the afternoon.

**What are the food highlights?** The menu at brunch comes as a 'Nobu Passport', which allows you to pick from the most popular dishes served at Nobu hotspots around the world.

Before choosing from the menu I enjoyed a great selection of sushi and sashimi, including a great dish of yellowtail sashimi topped with thin slices of jalapeno from the serve-yourself counter, but I must warn – all-you-can-eat sushi at Nobu is dangerous, be sure to



save room for some of the fantastic a la carte dishes. There's also an impressive 1kg tin of caviar from La Maison Nordic on offer, served on mini pancakes.

Moving onto the 'passport' options, I was pleased to see that Nobu's most famed dish of black cod yuzu miso was on the menu. The delicate, meaty fillet of fish is truly mouthwatering, and a must-try for all heading to Nobu. To follow, the grilled salmon was equally as impressive, served in beautiful ponzu butter with crispy spinach burrata and tofu dry miso.

As a meaty option, the short rib and egg dish from Shoreditch, was cooked to perfection and quite literally just fell apart it was so tender and succulent.

For desserts, you can choose a selection of mini-cakes and sweets from the buffet, or alternatively have dishes served to the table, like the green tea pancake with berries sauce from Nobu Cape Town.

**How was the service?** Service during brunch was very slow to start, but



rectified once we brought the issue to the team's attention.

**The bottom line:** Brunch takes place every Friday from 12pm to 3pm. The food is absolutely outstanding and it was a pleasure to enjoy such a wide variety of well-prepared dishes throughout the afternoon. The atmosphere is very low-key.

**Want to go?** Brunch is priced at Dhs395 with non-alcoholic beverages, Dhs586 with house beverages and Italian fizz and Dhs650 with French bubbles. There are also three vegetarian brunch packages available starting from for Dhs350. For more information or to make a reservation, visit [atlantisthepalm.com/restaurants/nobu](http://atlantisthepalm.com/restaurants/nobu) or call 04-4260800.



**Where?**

**MAISON ROUGE,  
CONRAD HOTEL,  
SHEIKH ZAYED ROAD**

**Dining experience:** Dinner show  
**What's it like?**

Newly opened Maison Rouge is a lively dinner show concept that serves up a great dose of fun and laughter. Expect a red carpet arrival, before being immersed in a swanky venue decorated in bold velvet reds and gold, that exudes all things burlesque, and fun – lots and lots of fun.

Maison Rouge is where to go when you're looking for an exciting night out. It's definitely more of a late night spot, paired with upbeat, current music from a live DJ before and after the show. The show starts at 9pm daily, showcasing various entertaining performances throughout the night, including everything from burlesque and cabaret, to magic and hula hooping, plus a talented pianist, saxophonist, and a stunning electric violinist. Expect gorgeous, dazzling costumes on all of the acts, as the entertainment goes from contemporary and modern, to jazzy and classic.

We're told by our server that no two nights are the same and you never know what you're going to get from the show as the performers like to switch it up night from night.

**What are the food highlights?**

Headed up by Russian-native executive chef Chokanov Timur, the menu at Maison Rouge features a wide variety of cuisines and dish options – making the venue friendly for a group with varied tastes.

Creativity is certainly at the forefront of all things here, with the kitchen also putting on a show and demonstrating poetic flair through food. Upon arrival, we were served a rose 'shot' presented in a jelly sphere that burst with liquid once bitten, to refresh the palette. Next, the table was filled with cooling dry ice from the serving of delicious yellowfin tuna tartare with avocado and tomatoes, before the smoky beef skewers came served robata grill style.

The flavoursome French chevre and arugula salad was a highlight that came served with beautiful pan-seared goat's cheese and



caramelised balsamic fig tossed in Parmesan, then for one of our main dishes, the lamb chops were tender and paired really well with velvety potato and cauliflower puree.

Now, this is where the dining experience took things up a notch and our table became fully submerged in the dramatics of Maison Rouge – with the delivery of the outlet's signature 24-karat golden burger.

Unbeknown to us, the delivery of such a burger – which costs Dhs365 – comes with its own show. Expect dimmed lights, a change in music, a spot light over your table, a crowd of servers dressed in special outfits, a man playing a huge drum, and sparklers circling the table – all before the gold burger is served,

complete with a single red rose. The burger itself is huge and big enough to feed a couple of hungry people. It's made up on 300g of Angus beef, topped with fresh tomatoes, crispy greens and melted cheese – not forgetting the gold leaf covered brioche-style, red velvet burger bun.

And, if there's room for dessert, the honey cake is absolutely scrumptious.

**How was the service?**

Service is excellent at Maison Rouge. Our server knew the menu inside, out and was always on hand to make sure we had a drink, our plates were cleared and we were well taken care of.

**The bottom line:** Go here when you're in need of a night filled with laughter with a group of friends. There's drama, brilliant entertainment and all-in-all, just lots of fun.

**Want to go?**

Priced at around Dhs350 per person for three-courses, without beverages. For more information or to make a reservation, call 04-3528169 or e-mail [reservations@maisonrouge.com](mailto:reservations@maisonrouge.com).





ST REGIS  
DUBAI

# Moments of serenity

This Ramadan, inspire moments with heartwarming experiences at The St. Regis Dubai. Savor an Iftar buffet filled with traditional Arabian flair in the Astor Ballroom and enjoy sumptuous Suhoor delicacies with aromatic shishas at Le Patio. Celebrate traditions with joy and flavor in venues beyond compare.

Astor Ballroom (Iftar) - Starting from AED 235 per person

Le Patio Tent (Suhoor) - Starting from AED 165 per person

Special rates available for corporate bookings and groups of 10 persons and above

For bookings, please call t. +971 4 275 1540 or e-mail us at [ahc.dining@marriott.com](mailto:ahc.dining@marriott.com)



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# A taste of Ramadan

From Iftar and Suhours, to health advice and gifting tips, this is our food-focused guide to Ramadan.

Our round-up of Iftars and Suhours to try this Ramadan

**p22**

Gourmet gifting ideas to share during the holy month

**p28**

Health and wellness advice for staying healthy when fasting

**p30**

Arabic-inspired recipes for enjoying during Iftar at home this Ramadan

**p32**





# Breaking fast

Our round-up of Iftars and Suhours to try this Ramadan



## Al Bahou, Mövenpick Hotel Ibn Battuta Gate Dubai



Welcome the arrival of Ramadan by celebrating the descent of the sun amidst the perfect backdrop of Al Bahou's stunning 88 Arabic lanterns at the Mövenpick Hotel Ibn Battuta Gate.

Bring your family and friends along to 'The Gate' and indulge in a sumptuous Iftar buffet inspired by Ibn Battuta's travels through India, Italy, Morocco and Asia, accompanied by the soothing sounds of a traditional Oud player. Al Bahou's Iftar will feature a customary range of luscious dates and homemade Ramadan drinks, alongside an extensive spread of traditional Iftar dishes from all over the world. Taking place daily, Iftar is priced at Dhs185 per person. For more information or to make a reservation, e-mail [dine.ibnbattuta@movenpick.com](mailto:dine.ibnbattuta@movenpick.com).

## Fairuz Arabian Tent, Fairmont The Palm

Designed to surround you in the true spirit of Ramadan, the Fairuz Arabian Tent comes alive this Iftar with a delectable buffet and traditional entertainment, whilst its Arabian Courtyard offers shisha and Suhour delights until the early hours. Meaning 'precious stone', the gem-like Fairuz Tent is set within the 581-square meter extravagant Palm Ballroom that seats over 350 guests. Decorated in a modern Arabian style, guests can witness an Arabian theme with Moroccan touches, showcasing hues of white, blue, and purple with hints of turquoise. The extensive Iftar buffet will provide irresistible traditional delights, indulgent desserts, lavish date displays and Ramadan inspired beverages, while Arabian entertainment will play whilst you dine, with dedicated oud player during the week and eccentric tannoura dancers every weekend. The Iftar buffet will

be available at the Fairuz Tent from sunset to 9pm daily during Ramadan for Dhs215 per person inclusive of Ramadan juices. Children 0-5 years old are complimentary and 6-12 years will have 50% discount. For reservations, call +971 4 457 3457 or e-mail [palm.dining@fairmont.com](mailto:palm.dining@fairmont.com).



## Asateer Tent, Atlantis, The Palm

This Ramadan, the Asateer Tent returns to Atlantis, The Palm with the addition of culinary delights from celebrity chef restaurants, Gordon Ramsay's Bread Street Kitchen and Giorgio Locatelli's, Ronda Locatelli. Offering both Iftar and Suhour buffets, the Asateer Tent will showcase dishes designed by each kitchen to pay homage to traditional Emirati cuisine, while offering a modern twist on some classic dishes. The Iftar buffet is priced at Dhs220 per person, which is inclusive of water and Ramadan juices, and Dhs110 for those aged 3 - 12. The minimum spend for Suhour is Dhs160 per person, with food being served from 9.30pm until 11pm for groups. Guests are welcome to stay and enjoy the tent and its offerings until 3am. For more information or to make a reservation, e-mail [restaurantreservations@atlantisthepalm.com](mailto:restaurantreservations@atlantisthepalm.com) or call 04-4262626.

## UAE Marriott Hotels

During the first week of Ramadan, you can download a 2 for 1 Iftar voucher to avail at participating Marriott International properties. The offer is applicable at nearly 15 hotels including JW Marriott Marquis Dubai, Renaissance Downtown Dubai and more. You can also get a neat deal with their 9+1 group booking offer where you pay for 9, and the 10th person dines for free. Visit [ramadanwithmarriott.com](http://ramadanwithmarriott.com) to download your voucher or to find out more.



## IZU Brasserie & Bakery, City Walk

This Ramadan the family-friendly IZU Brasserie & Bakery will be extending its opening hours for dine in and take away. IZU Bakery will open from 7am - 6pm and IZU Brasserie will welcome guests to enjoy its a la carte offering from 11-1am. During the holy month the Brasserie will offer complimentary dates to guests breaking their fast and for those who prefer an evening at home, freshly baked goods can be picked up throughout the day to enrich any family Iftar. The menu at the unique Brasserie boasts tasty Mediterranean and Italian favorites for lunch and dinner while the Bakery offers a delectable spread of freshly baked fare, light bites and freshly brewed coffee ideal for a breakfast and brunch. Call +971 4 403 3031.







### Galleries Lafayette Le Gourmet, City Walk

Throughout the month of Ramadan, Le Gourmet - City Walk introduces 'My Morocco At Your Table', a concept developed by Le Gourmet Culinary Director Chef Russell Impiazzi in collaboration with Moroccan TV Presenter and Chef Hanane Ouaddahou. The menu will feature an authentic Moroccan daily Iftar for Dhs125. 'My Morocco At Your Table' set menu includes a selection of 4 starters, 3 main courses, a dessert platter, tea and house beverages. From 7pm to 2am, every day and there will be a new menu every Sunday. The program is complimented by cooking classes every Sunday where guests can learn how to recreate traditional Moroccan dishes, cooking classes throughout the week, activities for kids including storytelling with the all-round inspiring Amna Al Haddad (the first female Emirati weightlifter, a vocal advocate for mental health and one of the women featured in 'Good Night Stories for Rebel Girls'), zumba classes (taught by the first certified Zumba instructor with Down syndrome), health talks and more.

### Ninive, Jumeirah Emirates Towers

Ninive, the all-new dining destination at Jumeirah Emirates Towers inspired by the diversity and heritage of the Arab world, has launched special Iftar and Suhoor



offers this Ramadan. Combining elements of a garden and a contemporary urban majlis, Ninive presents a menu drawn from across the Middle East and North Africa. Served at the table, in a relaxed and refined atmosphere, enjoy a set menu for Iftar served from 7pm to 8.30pm, which includes soup, cold and hot mezzes, mains and deserts, for Dhs250 per person. As for Suhoor, served from 9pm to 4am, you'll be able to choose from a special 'a la carte menu' for food, beverages and shisha, for a minimum spend of Dhs300 per person. Live entertainment, as well as games such as backgammon and cards, will add to the atmosphere. For more information or to make a reservation, call 04 326 6105 or e-mail [info@ninive.ae](mailto:info@ninive.ae).

### WAKA, The Oberoi Dubai

Enjoy an Iftar menu with a twist this Ramadan at WAKA. Every day from sunset until closing, a sharing-style Iftar menu will be available priced at Dhs150 per person, inclusive of traditional drinks and water. For more information or to make a reservation visit [waka.ae](http://waka.ae) or e-mail [reservations@waka.ae](mailto:reservations@waka.ae).



### Grand Hyatt Dubai

Share the ceremonial breaking of fast with loved ones in the majestic, yet family-friendly setting of Al Ameera Ballroom at Grand Hyatt Dubai this



Ramadan, followed by a delectable mixed Sohour in the Laylati Café (Ramadan air-conditioned tent) or an exclusive Ladies only Suhoor – HIA at our Lebanese Awtar restaurant. The decadent Grand Iftar buffet will feature traditional Middle Eastern cuisine and international dishes from live cooking stations accompanied by customary hot and cold Ramadan beverages. Taking place daily during the holy month from sunset till 9pm, Iftar is priced at Dhs210 per person with soft drinks and Dhs105 for children aged 6 – 12 years, while children under 6 dine free. Call 04-3172222.

### Palermo Restaurant, Dubai Polo & Equestrian Club

Discover authentic Arabic traditions and flavours in a contemporary set-up at Palermo restaurant while enjoying a family style buffet. Celebrate the breaking of fast with fresh ingredients and treats displayed in a buffet set-up. Taking place from May 15 to June 14 daily from sunset to 9pm, the Iftar buffet is priced at Dhs155 per person or Dhs80 per child.

For more information or to make a reservation call 04-361811 or e-mail [info@poloclubdubai.com](mailto:info@poloclubdubai.com).





## Al Andalus Tent, Fairmont Bab Al Bahr

In celebration of the Holy month of Ramadan, Fairmont Bab Al Bahr, Abu Dhabi is once again opening doors to one of the capital's largest and luxurious Al Andalus tent. Authentic Iftar offerings and Sohour experiences



are complemented by traditional entertainment, all against the staggering backdrop of Sheikh Zayed Grand Mosque. Inside, the buffet features a seafood and meat BBQ station, including prawns, scampi, mussels, crabs and a selection of freshly prepared fish; whole lamb carving station; Arabic buffet, including hot and cold Mezzeh; freshly made Arabic bread and Manakish; shawarma rolled in Saj bread; lamb and seafood Ouzi; home-made Emirates station, including Thareed, Harees and Machboos; selection of Arabic soups; traditional Ramadan Drinks; Arabic and Western sweets, including chocolate fountain, Kunafa station and Arabic Ice cream; premium dates and Arabic Coffee. Taking place daily from 6pm to 9pm, Iftar is priced at Dhs235 including water, soft drinks and juice. To follow, Suhour will take place from 10pm to 3am and will offer an a la carte Lebanese menu accompanied with a live oud player. Suhour is available for a minimum spend of Dhs180 per person. To make a reservation, e-mail [dining.bab@fairmont.com](mailto:dining.bab@fairmont.com) or call 02 654 3238.

## Amaseena Majlis, The Ritz Carlton, Dubai

Amaseena's Arabian allure finds new expression this Ramadan, at an enchanting, new Ottoman-styled Majlis at The Ritz-Carlton, Dubai. Blending traditional Arabic essences with contemporary refinement Amaseena Majlis transforms the Lou Lou'A Ballroom of The Ritz-Carlton, Dubai into a Majlis that will be serving both Iftar and Suhour throughout the holy month. An intimate ambience sets the stage for Chef Rami's culinary art, from inventive fusions such as Mandi-cooked salmon and traditional favourites flavoured with hand-roasted spices, to tagine cooked in authentic clay cookware. A lavish spread across nine food stations highlighting the best of Middle Eastern cuisine will have guest spoilt for choice, from Moroccan to Lebanon and Gulf to Persian and other international delicacies like Peruvian and Italian, garnished with a medley of oud and violin music



and extensive shisha flavours during Suhour. Iftar (Dhs225 per person) will take place daily during Ramadan from sunset to 8.30pm, while Suhour (Dhs160 per person) will take place from 10pm to 2am. For reservations, e-mail [dine.dubai@ritzcarlton.com](mailto:dine.dubai@ritzcarlton.com) or visit [ritzcarlton.com/Dubai](http://ritzcarlton.com/Dubai).



## Nosh, Mövenpick Hotel Jumeirah Lakes Towers

This Ramadan, Mövenpick Hotel Jumeirah Lakes Towers brings light to an Iftar buffet rich in Arabian heritage, traditions and flavours, along with a chance to win a trip to the healing waters of the Dead Sea, Jordan. The breaking of fast, graced with lakeside views will satisfy discerning palates over a luscious Iftar spread of Arabic and international favourites – from a healthy selection of fresh salads and traditional hot and cold mezzes, to meaty kebab grills and lamb ouzi carving as the centre piece. Live saj stations, refreshing Ramadan juices and a delicious spread of desserts with kunafa, mm Ali and baklava will take you on a journey through the beauty of Arabian heritage. Each Iftar diner will get a chance to win a trip for two to Jordan, inclusive of round-trip flights and a five nights' stay at Mövenpick Resort and Spa Dead Sea, Jordan. Nosh's Iftar buffet is served throughout Ramadan from sunset to 10.30pm for Dhs139 per person, including soft drinks and Ramadan juices. Kids under 6 dine complimentary, while those from 6 to 12 get 50% discount. Group reservations of 10 or more and companies can avail special rates. For more information or reservations, call 04 438 0000 or visit [movenpick.com/jumeirah-lakes-towers](http://movenpick.com/jumeirah-lakes-towers).



## The Retreat Palm Dubai MGallery, Palm Jumeirah

The Middle East's first holistic wellbeing resort, The Retreat Palm Dubai MGallery will embrace the spirit of Ramadan during the holy month by taking guests on a serene journey to wellbeing with a unique Iftar journey custom-made to fulfill everyone's needs. Much like the bespoke retreat packages the wellness resort is famous for, during the month of Ramadan guests can choose his or her own small wellness ritual to recover, revitalise, detox or more. Available at the Vibe Restaurant and Wellness Lounge from May 15 to June 14, from 7.30pm to 9pm, the Iftar is priced at Dhs225 per person with beverages and access to the Wellness Lounge with one activity. For reservations, call 04 524 7777.



# Hello, Summer!

Celebrate beautiful seasonal produce with Café Bateel's brand new summer menu, which showcases a wide range of light, fresh and healthy options that are bursting with flavour



Café Bateel's seasonal summer menu is now available across all cafés in the UAE

Home to gourmet Mediterranean cuisine, Café Bateel is now serving its new light and healthy summer seasonal menu. From soups and salads to mains and desserts, the delicious offerings are perfect for vegans and the health conscious. The new menu is now available in all cafés across the UAE.

The innovative new menu has been carefully curated by Bateel's award-winning executive chef Jean Luc Vila, offering a culinary celebration of the finest seasonal ingredients and flavours taking influence from dynamic Mediterranean cuisine. Café Bateel's chefs have incorporated new and alternative elements which offer a fresh depth of taste and flavour including the new superfood Moringa. A plant native to India, is now grown along the Mediterranean coast where it is dubbed the 'Miracle Tree'. Moringa which has been linked to having positive health benefits can be utilised in many aspects of cooking and is featured by Café Bateel in a new hearty vegan 'moringa vegetable soup'.

With multiple options for vegetarians and vegans, the menu offers a new vibrancy to Café Bateel's cuisine

and reinforces its Mediterranean credentials. Highlights include the 'healthy green bowl' - a healthy vegan bowl with quinoa, grains, spinach, kale, green peas, asparagus, avocado, broccoli, green tomatoes, French beans, mixed seeds and zingy lemon dressing and the 'tiger prawn risotto' - jumbo tiger prawns on a bed of venere black rice renowned for its health benefits and trumpet mushrooms with Parmesan Reggiano cheese. Guests looking for a sweet treat can delight in a choice of four seasonal desserts including 'pomelos cheesecake' - a crispy biscuit base topped with cream cheese, grapefruit, yuzu, strawberry purée and cream cheese mousse or the irresistible 'apricot and milk chocolate cake' with crunchy almond biscuit and layers of apricot and yuzu compote, topped with milk chocolate cream.

To beat the summer heat, the menu showcases refreshing chilled beverages including the 'peach delight' - a tasty blend of peach with orange, apple and strawberry, providing the quintessential taste of summer for all of the family to enjoy.

Café  
Bateel

باتيل





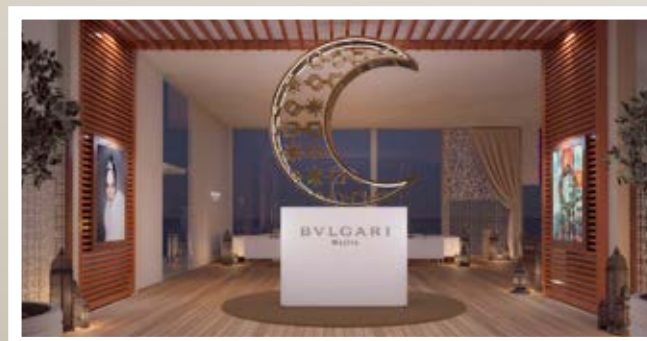
## The Queen Elizabeth 2, Mina Rashid

Experience Iftar aboard The Queen Elizabeth 2 this Ramadan, as the ship opens an Arabian majlis offering a unique Iftar and Suhoor that combine traditional Middle Eastern flavours with a royal service experience. The purpose-built majlis, which is located on the ship's largest deck, can host up to 250 people and offers patrons an expansive Arabian buffet including live cooking stations, traditional Emirati dishes, fresh salads, hot and cold mezze, and abundance of desserts and a selection of classic Arabic juices and coffee. The Iftar buffet opens from sunset until 9pm and is priced at Dhs250 per person, Dhs125 for children below 12 and is complimentary for children below 4 – inclusive of buffet, soft drinks and water. The Suhoor buffet is open from 9pm until 1am and costs Dhs175 per person, Dhs85 for children below 12 and is complimentary for children below 4 – inclusive of buffet, soft drinks and water. For reservations, e-mail [dining@qe2.com](mailto:dining@qe2.com) or call 04 526 8888.



## The Bvlgari Majlis, The Bvlgari Resort Dubai

Designed as a destination to feel like home, The Bvlgari Majlis will launch for the first time this Ramadan, with the ability to seat up to 190 guests for both Iftar and Suhoor, and it'll also offer an intimate VIP section for 12 guests for a more exclusive private dining experience – all overlooking the world's first Bvlgari Marina and Yacht Club. From those archetypal Ramadan dishes such as ouzi, shawarma, umm Ali and an array of eight kinds of dates, to the Italian classics with gelato, Iftar will ensure guests enjoy a true fusion of classic Italy in Arabia. The Bvlgari Majlis will be open throughout Ramadan from sunset to late night. Iftar is starting from Dhs250 per person, inclusive of all food and drinks, while Suhoor will offer on an a la carte basis with a minimum spend of Dhs185 per person – inclusive of soft drinks and juices selection. Children from 12 to 16 years old dine for half price and under the age of 12, on a complimentary basis. For reservations, call 04-7775433 or e-mail [dine@bulgarihotels.com](mailto:dine@bulgarihotels.com).



## Ranches Restaurant, Arabian Ranches Golf Club

For a family-friendly Iftar this Ramadan, head to Ranches Restaurant offering lakeside views over the fairways. Savour Arabic delicacies in fresh, light and contemporary interiors and enjoy a specially created menu of international dishes served specially through the blessed month from May 15 to June 14, daily from sunset to 8.30pm. Priced at Dhs159 per person, Dhs85 for children between 6 – 12 years, and children below 5 years dine with compliments. For more information, call +971 4 360 7935 or e-mail [restaurant@arabianranchesgolf.ae](mailto:restaurant@arabianranchesgolf.ae).



## Ostro, dusitD2 Kenz Hotel Barsha Heights

This Ramadan, step inside the bright and spacious Ostro restaurant at dusitD2 Kenz Hotel in Barsha Heights for a hearty Iftar buffet, created with whole food ingredients and locally sourced fresh food that is further embellished with nutritious greens. In line with its focus on wellbeing, Ostro's Iftar menu consists of selected nourishing soups, cold mezze, cold appetizers, salads, hot mezze, Mediterranean and Arabic main courses, as well as traditional Emirati dishes. Also included are live cooking stations, and desserts that include both traditional Arabian delicacies and gluten-free pastries and puddings. Taking place daily during Ramadan from sunset to 9pm, Iftar is priced at Dhs139 for buffet, drinks, coffee and tea, children under 6 eat for free (max 2), and children from 6 to 12 years old eat with 50% discount. For reservations, call 04-5672246 or e-mail [ostro@dusitd2kenz.com](mailto:ostro@dusitd2kenz.com).





Celebrate this Ramadan in a truly palatial setting with your family and friends. Indulge in an abundant spread of sumptuous traditional Middle Eastern specialties, cuisines from around the world and local traditional delicacies, with chefs demonstrating expertise at the live cooking stations and listen to the dulcet tones from our Oud musician.

Price for Iftar: AED 185 per person including soft drinks and Ramadan juices  
AED 165 per person for groups of 10 guests or more  
Children 0 - 5 years are complimentary | Children 6 - 12 years is AED 95 per child

**Timings:**

Iftar: Sunset until 9:00 pm  
Suhoor: 9:30pm until 02:30 am

For reservations, call +971 (0) 4 455 1101 or email [dining.dubai@dukeshotel.com](mailto:dining.dubai@dukeshotel.com)



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Bateel's Jumeirah Chests and Royal Turquoise Drawer gift boxes add vibrancy and a chic element to the time-honoured practice of gifting, each of the offerings are generously filled with a fine selection of Bateel's Gourmet organic dates. **Priced at Dhs385, Bateel's Ramadan collection is available at all Bateel Boutiques across the UAE.**



This year Marks & Spencer has an impressive range of delicious food hampers to choose from, like 'The Ultimate Gold Collection' hamper pictured. Priced at Dhs349, expect to find goodies like a Belgian biscuit selection, dulce de leche truffles, cocoa dusted liquid salted caramels and much more inside. **Available from all Marks & Spencer stores in the region or online at [marksandspencerme.com](http://marksandspencerme.com).**

These Hag El Leila Lantern Hampers come in various sizes and are filled with a variety of premium candies, dates, lollipops, chocolates and more. **Priced at Dhs150 and Dhs200 from Candylicious, The Dubai Mall.**



This Ramadan, Angelina Paris in the Dubai Mall is offering beautiful gifting ideas, hampers and a special pastry crafted exclusively for the holy month. Hampers are available in several ranges and can be customised as per a customer's preferences including a variety of products including hot chocolate, chocolates, Angelina tea infusions, chestnut cream and more.

# Gourmet gifts

Gorgeous goodies to share with you loved ones this Ramadan

With an increased focus on healthy options during the Holy month of Ramadan, Mirzam has created an entirely vegan collection which includes several items made using 100% dark chocolate combined with fruits or dates. The dairy-free range of healthy treats, features dark chocolate creations with no less than seven recipes, made with UAE-grown dates and intensely flavoured freeze dried fruits. **The Ramadan 2018 Collection is available online at [mirzam.com](http://mirzam.com) or from the Mirzam store in Al Quoz.**



Give the gift that keeps on giving this Ramadan, with the new Nespresso Lattissima One machine. Whether for a black coffee or a creamy Cappuccino, this machine provides the perfect convenient, compact and easy to use solution for all coffee lovers. **Priced at Dhs1,443.75, the Lattissima One is available to purchase at Nespresso boutiques and online at [ae.buynespresso.com](http://ae.buynespresso.com).**

Popcorn clusters enrobed in silky smooth chocolate presented in a special Ramadan Gift Box will make perfect gifts this Ramadan. **With prices starting from Dhs158 for a gift box, to Dhs1,575 for a Bonbons Tower, from Garrett Gold.**





# FEAST AFTER DARK

Bring your appetite to Feast at Sheraton Grand this Ramadan, where you can indulge at Iftar with the restaurant's signature dishes paired with fresh juices or savour traditional favourites complemented by an inviting atmosphere for a truly memorable experience for you, your family and friends

## Iftar at Feast

Time: Daily, from  
sunset to 11pm  
Price: AED 210  
per person

Iftar is being served at live-cooking restaurant Feast, featuring Arabian and international dishes plus fresh juice and soft drinks.

Available from sunset until 11pm daily during Ramadan, Iftar is priced at AED 210 and offers traditional favourites such as shish kebab, lamb biryani and fish trablseah, plus so much more.

You'll even find delights from the continental, Asian, Indian and cold stations, as well as some delectable desserts, including tiramisu, rose crème caramel and baklava.

### Feast over flavours from around the world

Feast at the Sheraton Grand is Dubai's marketplace for the discerning diner. Feast is influenced by the seasons and

underpinned by a belief in a 'fresh from the market' approach. The open kitchen and family-style service at Feast make it the perfect choice for families, groups and business meetings to gather, mingle and taste an abundance of flavours.

Seven action stations and a private dining room provide a rich assortment of dining experiences prepared to order. Grilled, glazed or roasted, it is all about fresh, live cooking from the heart and a healthy and modern approach to preparation and presentation.

The open kitchen features a flavourful explosion of authentic tastes from the West, Middle East, India, China and South East Asia, all personalised for you. Make sure you save room for dessert, as Feast also offers

an abundance of sweet endings, as well as an international selection of hot and cold beverages, to celebrate the rituals and flavors from around the world.

### Chef Mark Elias

Born in a hospitality oriented region in Al Yazidiya, Syria, Chef Mark apprenticed in one of the many restaurants in the village during Summer breaks. This made him yearn interest in the Levantine cuisine from a young age. He cumulates 10 years of culinary experience and over the years has worked his way up through some of Dubai's prestigious 5 star establishments and now as a Sous Chef in the Arabic Kitchen at Sheraton Grand Hotel, Dubai.

**feast**  
a world of flavours

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Sheikh Zayed Road, Dubai,  
United Arab Emirates

☎ Tel: +971 4 503 4444

✉ 03731.feast@sheraton.com

🌐 [www.feastrestaurantdubai.com/en](http://www.feastrestaurantdubai.com/en)



# Top tips for a healthy Ramadan

Fasting during the holy month can take a negative toll on your health if not done correctly. Becky Balderstone the founder of Ripe, the UAE's leading provider of fresh, local organic fruits and vegetables, shares tips to bear in mind during Ramadan, to help you stay in tip top shape.



## Seek your doctor's advice

Before drastically changing your diet and routines, schedule an appointment with your doctor to be safe. They can best advise what is most suitable to your body.

## Make smart food choices

Ensure each meal is carefully thought out with foods that will support your fast, slow burning foods will keep your energy high and your

hunger at bay. High-fibre carbs such as quinoa, brown rice and wholegrains are a great choice, with lots of nutritious fruit and veggies to ensure that you have as many nutrient-rich vitamins and minerals as possible. To go with that, I'd recommend consuming lean protein such as chicken, tofu, fish and eggs.

## Hydration is key

Hydration is very important when

fasting. Skip on fizzy, sugar-laden drinks and opt for drinks like coconut water, green juices, a cup of matcha tea and lots of water, which will ensure that you are hydrated and ready for the day ahead.

## Try something different

To refuel your body well, try breaking your break your fast with a power smoothie. Adding superfoods such as spirulina, matcha powder, acai powder, chia seeds, baobab powder combined with

coconut water, avocado, berries and bananas will not only give your body the extra fuel that it needs but it will also ensure you have the essential antioxidants to protect you from fatigue, and any looming bugs going around.



## Snack mindfully

If you fancy a snack in between meals, try and avoid salty, highly-processed snacks that can leave you feeling thirsty and lethargic. Choose snacks that'll give you energy, like nuts & seeds, dates & trail mixes, and raw protein balls.

## Don't cut out all exercise

Stopping your workouts during Ramadan is not recommended, instead try to incorporate gentle workouts into your routine such as yoga and swimming.

## About Ripe

Ripe provides produce from local UAE farms, handpicked for their organic farming techniques, eco-friendly operating systems and local and international organic certifications. Produce is picked within 48-hours of being sold to ensure taste and freshness is never compromised and thanks to the elimination of air-freight and storage costs, Ripe is affordable for all.

Find Ripe stores at Park Centre Mall in Mirdif, Shoreline 8 GF on Palm Jumeirah, Town Centre Mall in Jumeirah 1, and Al Manara, Umm Suqeim. You can also order online at [ripeme.com](http://ripeme.com)





رمضان كريم



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Dubai

## Marhaba Ramadan

Savour the spirit and flavours this Ramadan at **Channels** with a full iftar buffet and international dishes at **AED 195\*** per person.


Enjoy a relaxing evening in the outdoors with a deliciously satisfying suhoor complemented by grape and mint flavour at **The Terrace**.

For more information, please call +971 4 435 0201 or email [fb.media@rotana.com](mailto:fb.media@rotana.com)

\*Prices are inclusive of 10% service charge, 10% municipality fee and 5% VAT

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# Ramadan ready

A selection of our favourite Arabic-inspired recipes that are easy-to-make and perfect for sharing with family and friends this Ramadan

## Minty roast veg & hummus salad

*Combine roasted root vegetables with chickpeas and feta cheese in this Greek-inspired salad, which provides an impressive 4 of your 5-a-day.*

**SERVES 4** **PREP 15 mins**  
**COOK 40 mins** **EASY** **V**

4 parsnips, peeled and cut into wedges  
4 carrots, cut into wedges  
2 tsp cumin seeds  
400g can chickpeas, drained  
2 tbsp vegetable oil  
500g pack cooked beetroot (not in vinegar), drained and cut into wedges  
2 tbsp honey  
200g pot hummus  
2 tbsp white wine vinegar  
small bunch mint, leaves picked  
200g block feta

**1** Heat oven to 200C/180C fan/gas 6. Toss the parsnips, carrots, cumin seeds and chickpeas with the vegetable oil and some seasoning in a large roasting tin. Cook for 30 mins, tossing halfway through cooking.  
**2** Add the beetroot to the tin and drizzle over the honey, then return to the oven for 10 mins. Spread the hummus thinly over a large platter, or divide between four plates. When the veg are cooked, drizzle with the vinegar and toss together in the tin. Tip the roasted veg onto the hummus, scatter over the mint and cheese, drizzle over any juices from the tin and serve.

**GOOD TO KNOW** calcium • folate • fibre • vitc • iron • 4 of 5-a-day  
**PER SERVING** 611 kcal • fat 26g • saturates 9g • carbs 61g • sugars 36g • fibre 20g • protein 23g • salt 3.5g





## Chicken & lemon skewers

**SERVES 4** **PREP** 20 mins plus chilling  
**COOK** 25 mins **EASY**

1 small pack mint, leaves picked  
150g natural yogurt, plus extra to serve (optional)  
1 lemon, zested and juiced  
½ tsp ground cumin  
½ tsp ground coriander  
2cm piece ginger, grated  
4 skinless chicken breasts, each cut into 6 pieces  
4 wholemeal flatbreads or pittas  
2 Little Gem lettuces, sliced  
1 small red onion, sliced, to serve  
pickled red cabbage, chilli sauce and houmous, to serve (all optional)

**you will need**

4 metal or wooden skewers

**1** Chop half the mint and put in a bowl with the yogurt, half the lemon juice, all the lemon zest, spices and ginger. Mix well and season with lots of black pepper and a pinch of salt. Add the chicken pieces, mix well and put in the fridge for 20-30 mins. Meanwhile, soak 4 large wooden skewers in water for at least 20 mins (or use metal ones).

**2** When you're ready to cook the chicken, heat your grill to a medium heat and line the grill tray with foil. Thread the chicken onto the soaked wooden or metal skewers and grill for 15-20 mins, turning halfway through, until browned and cooked through.

**3** Warm the flatbreads under the grill for a couple of seconds, then serve them topped with the lettuce, chicken, red onion, remaining lemon juice and mint, and any optional extras such as extra yogurt or pickled cabbage, chilli sauce and houmous.

**GOOD TO KNOW** healthy • low fat • low cal • folate • fibre • 1 of 5-a-day

**PER SERVING** 363 kcal • fat 4g • saturates 1g • carbs 38g • sugars 5g • fibre 7g • protein 41g • salt 0.9g



## Aubergine, lentil & walnut ragu

*This recipe makes for a rich and hearty veggie ragu that's perfect for pasta, or served on mounds of buttery swede purée.*

**SERVES 4 PREP 25 mins**

**COOK 45 mins EASY V**

2 aubergines  
2 tbsp olive oil  
1 onion, finely chopped  
1 bay leaf  
2 finely chopped cloves garlic  
1 red or green chilli  
2 large tomatoes, chopped  
1 tsp red wine vinegar  
100g Puy lentils, cooked  
30g walnuts, chopped  
small bunch of parsley,  
finely chopped

**1** Prick the aubergines all over with a fork, then place directly over a gas flame (or BBQ), and char, turning, for about 5 mins or until they feel like they are collapsing inside. Remove and leave to cool.

**2** Once the aubergine has cooled, split them in half and carefully scoop out the juicy, soft flesh into a bowl. Peel it away from the burned skin, being careful to capture any of the juices that escape onto the board. Roughly chop the flesh and set aside.

**3** Heat the olive oil in a pan over a medium to high heat, add the onion, bay leaf and a pinch of salt and cook, stirring, for about 10 mins, until the onion is softening and just starting to colour. Add the garlic and chilli and cook for a couple of mins more. Mix in the tomatoes and red wine vinegar, and cook, stirring, for about 10 mins until they are collapsing. Add the aubergine, and mix well with the other ingredients, cooking for a few more mins, then add the lentils and 100ml water. Continue to cook until most of the water has reduced. Season. Serve the warm ragu on top of a generous serving of the swede purée. Garnish with the walnuts and parsley.

**GOOD TO KNOW** healthy • low cal • vit c • folate • fibre • 2 of 5-a-day • gluten free  
**PER SERVING** 221 kcs • fat 12g • saturates 2g • carbs 16g • sugars 9g • fibre 10g  
• protein 7g • salt 0.3g

### Swede purée

**SERVES 4 PREP 10 mins**

**COOK 20 mins EASY V**

Put **1 peeled and chopped swede** in a pan and cover with boiling water. Add 1 tbsp salt and bring to the boil. Cook for about 15-20 mins until tender. Once softened, drain the swede and then blitz it with **40g butter** and **2 tbsp natural yogurt** in a food processor and check for seasoning. Divide the purée between plates and top with the warm ragu. Sprinkle over **chopped parsley** and serve.

**GOOD TO KNOW** 1 of 5-a-day • gluten free  
**PER SERVING** 105 kcs • fat 9g • saturates 6g •  
carbs 4g • sugars 4g • fibre 1g • protein 2g  
• salt 1.5g





## Beetroot & lentil tabbouleh

**SERVES 4** **PREP** 15 mins

**NO COOK EASY V**

1 small pack flat-leaf parsley, plus extra leaves to serve (optional)  
1 small pack mint  
1 small pack chives  
200g radishes  
2 beetroot, peeled and quartered  
1 red apple, cored, quartered and sliced  
1 tsp ground cumin  
4 tbsp olive oil  
250g pack cooked quinoa  
400g can chickpeas, drained and rinsed  
400g can green lentils, drained  
2 lemons, juiced

Put the herbs, radishes and beetroot in a food processor and blitz until chopped into small pieces. Stir in the rest of the ingredients, adding the lemon juice a bit at a time to taste – you may not need all of it. Season, then place on a large platter topped with a few parsley leaves, if you like, and serve straight away.

**GOOD TO KNOW** vegan • healthy • low cal • folate • fibre • vit c • iron

• 3 of 5-a-day • gluten free

**PER SERVING** 346 kcals • fat 15g • saturates 2g • carbs 35g • sugars 7g

• fibre 11g • protein 13g • salt 14g

## Green shakshuka

*Feel free to mix up the greens for whatever you have: chard, kale and cavolo nero would work well. Don't discard the green part of the leek – wash well and use this too.*

**SERVES 4** **PREP** 10 mins

**COOK** 25 mins **EASY V**

3 tbsp olive oil  
2 leeks, washed and sliced  
200g bag baby spinach  
250g frozen peas  
2 fat garlic cloves, finely chopped  
1 tbsp cumin seeds  
small pack parsley, roughly chopped  
small pack coriander, roughly chopped  
small pack mint, leaves picked and roughly chopped, reserving a few leaves to garnish  
8 medium eggs  
150g pot natural yogurt  
1 tbsp harissa  
flatbread, to serve

**1** Heat the oil in a wide, shallow frying pan over a medium heat. Add the leeks with a pinch of salt and cook for 4 mins until softened. Add handfuls of spinach to the pan, stirring until wilted.

**2** Stir in the peas, garlic, cumin, herbs and some seasoning. Cook for a few mins until it smells fragrant, then create four gaps and crack two eggs into each. Cover and cook for 10 mins or until the whites are set but the yolks are runny – they will carry on cooking slightly as you take them to the table.

**3** Season the eggs with flaky sea salt, dollop spoonfuls of the yogurt interspersed with the harissa, and scatter over a few mint leaves. Serve with a pile of flatbread for scooping.

**GOOD TO KNOW** healthy • calcium • folate • fibre • vit c • iron • 2 of 5-a-day

**PER SERVING** 337 kcals • fat 20g • saturates 5g • carbs 13g • sugars 8g • fibre 7g • protein 22g • salt 0.6g





## Lamb biryani

**SERVES 6** **PREP** 10 mins plus at least  
2 hrs marinating **COOK** 50 mins plus  
resting **EASY**

400g lamb neck, cut into  
small cubes  
4 garlic cloves, grated  
1 tbsp finely grated ginger  
1 tbsp sunflower oil  
1 large onion, chopped  
1 tbsp each cumin seeds  
and nigella seeds  
1 tbsp Madras spice paste  
200g basmati rice, rinsed well  
8 curry leaves  
400ml good-quality lamb or  
chicken stock  
100g paneer, chopped  
200g spinach, cooked and  
water squeezed out

**To serve**  
chopped coriander  
sliced green chillies  
plain yogurt

**1** Toss the lamb in a bowl with the garlic, ginger and a large pinch of salt. Marinate in the fridge overnight or for at least a couple of hours.

**2** Heat the oil in a casserole. Fry the lamb for 5-10 mins until starting to brown. Add the onion, cumin seeds and nigella seeds, and cook for 5 mins until starting to soften. Stir in the curry paste, then cook for 1 min more. Scatter in the rice and curry leaves, then pour over the stock and bring to the boil. Meanwhile, heat oven to 180C/160C fan/gas 4.

**3** Stir in the paneer, spinach and some seasoning. Cover the dish with a tight lid of foil, then put the lid on to ensure it's well sealed. Cook in the oven for 20 mins, then leave to stand, covered, for 10 mins. Bring the dish to the table, remove the lid and foil, scatter with the coriander and chillies and serve with yogurt on the side.

**PER SERVING** 394 kcal • fat 19g • saturates 8g • carbs 31g • sugars 3g • fibre 2g • protein 23g • salt 0.6g







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**\* VOTING CLOSSES 8<sup>TH</sup> NOVEMBER 2018.**



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# Spice *world*

Step away from the butter chicken, leave the korma to one side and widen the horizons of your curry world with these recipes from Mauritius, Ghana, India, Malaysia and Sri Lanka. The world is in your spice rack

*photographs* TOM REGISTER



## Mauritius

# Cari poulet

SERVES 4 PREP 20 mins COOK 30 mins EASY

*Selina Periampillai is a Mauritian food specialist. She holds supper clubs and runs the website [tastemauritius.com](http://tastemauritius.com). This is her recipe for Mauritian chicken curry, which Selina suggests serving with fresh rotis to scoop up the fragrant curry sauce.*

2 tbsp vegetable oil  
8 curry leaves, finely chopped  
1 medium onion, finely chopped  
2 garlic cloves, finely grated  
2cm ginger, finely grated  
1 cinnamon stick  
1 green chilli, finely chopped  
1 tbsp thyme leaves  
3 tbsp Mauritian curry powder  
600g skinless chicken thigh fillets, chopped  
2 medium tomatoes, chopped

2 large potatoes, cut into quarters  
½ red onion, finely sliced, to serve  
1 tbsp coriander leaves, to serve  
basmati rice, sliced cucumber, fresh rotis and Satini pomme d'amour, to serve  
**for the satini pomme d'amour**  
2 large ripe tomatoes, finely chopped  
1 green chilli, finely chopped  
½ white onion, finely chopped  
1 tbsp olive oil

**1** Heat the oil in a large saucepan over a low-medium heat. Drop in the curry leaves, onion, garlic, ginger, cinnamon stick, chilli and thyme and cook for 5 mins until the onion has softened, stirring regularly to prevent sticking to the pan.

**2** Mix the curry powder with a splash of water in a bowl to make a runny paste. Add the paste to the pan and give it a good stir until aromatic, around 30 seconds. Keeping the heat on a low-medium simmer so that the spices don't burn, add the chicken pieces and stir to coat in the curry.

**3** Add the chopped tomatoes, potatoes and 1 tsp salt. Pour in water to just below the level of the chicken and potatoes. Cook for around 25 mins until the potatoes and chicken are cooked through, then discard the cinnamon stick.

**4** To make the satini pomme d'amour, mix all the ingredients together in a bowl. Spoon the curry into bowls and scatter over the coriander leaves and red onion. Serve with fluffy basmati rice, cucumber slices, rotis and the satini pomme d'amour.

**GOOD TO KNOW** fibre • iron • 2 of 5-a-day

**PER SERVING** 456 kcal • fat 19g • saturates 4g • carbs 32g • sugars 10g • fibre 9g • protein 34g • salt 1.5g

### Curry jargon decoder

**Tempering** means to extract the full flavour from spices by heating them in hot oil. When making a curry, spices tend to be tempered at the start of the cooking process, whereas, for dhals, tempering is usually done at the end of cooking.

**Roti** means bread, so the type of bread you choose is generally up to you. Chapatis – flatbreads made with atta (wholemeal) or maida (plain wheat) flour – are the most common types of roti.

**Rempah** means spice in Malay, but also refers to the spice paste made with garlic and shallots that is used as a curry base.

We've used red onion here, but use spring onion instead if you prefer

Satini pomme d'amour is a chutney that is usually served with curries in Mauritius.





There'll  
be extra sauce  
left in the pan to  
spoon over the top





## Ghana

# Palm nut & chicken curry

**SERVES 6** **PREP 15 mins** **COOK 1 hr** **A LITTLE EFFORT**

*Spinach & Agushi (spinachandagushi.com) do a roaring trade in Ghanaian street food, including this palm nut and chicken dish, which is pepped up with a healthy dose of scotch bonnet chilli. The white rice balls (omotuo) served with this are made by cooking rice until it is very soft and then beating it until it can be shaped into balls.*

4 garlic cloves  
2 thumb-sized pieces of ginger, skinned  
4 medium onions, chopped  
400g can palm nut concentrate (available from [amazon.co.uk](https://www.amazon.co.uk))  
1 kg chicken thighs, skinned if you like  
400g can chopped tomatoes  
2 scotch bonnet peppers  
4 tbsp vegetable oil  
8 okra fingers, trimmed, or 1 aubergine, chopped  
white rice balls, to serve

**1** Blend the garlic, ginger, onion in a blender, then add it to a medium pan along with half the palm fruit concentrate and the chicken. Cover with water, add  $\frac{1}{2}$  tsp salt, then bring to the boil and simmer for 20 mins.

**2** Blend the tomatoes with the chilli in a blender or using a hand blender. Heat the oil in a separate pan and add the rest of the concentrate. Fry until golden brown, then add the tomatoes and 500ml of water. Simmer for 20 mins, or until the oil rises to the surface, stirring regularly.

**3** Drain most of the water from the chicken, but keep a little in the pan – the final sauce should be quite soupy. Add the contents of the tomato pan to the chicken pan, skim off any excess oil, then add the okra or aubergine and cook for an additional 15 mins. Serve with white rice balls

**GOOD TO KNOW** fibre • 3 of 5-a-day • gluten free

**PER SERVING** 707 kcs • fat 54g • saturates 7g • carbs 18g • sugars 9g • fibre 6g • protein 36g • salt 0.9g



## India

## Venison kofta

SERVES 4 PREP 35 mins COOK 35 mins EASY

*This is a family recipe from Asma Khan of Darjeeling Express (darjeeling-express.com) that harks back to her royal Mughlai ancestry. The clove and turmeric combination (referred to as shikar or 'hunting spices') helps to cleanse the game meat. An Indian antelope called Nigali (or blue bull) was historically used in this recipe, but when hunting was banned in Asma's family's region, they started to use buffalo instead. Elsewhere in the world such as the UAE and the UK, venison is used. Serve this curry with naan bread.*

- 1 slice of bread
- 500g venison mince (ask your butcher to grind the mince twice to give it a smooth, fine texture)
- 3 tbsp chopped coriander leaves
- 5 medium green chillies, chopped (or fewer if you don't like it too hot)
- 1 clove, ground
- 1/4 tsp each freshly roasted and ground cardamom and cassia bark (or 1/2 tsp cinnamon)
- 1 small white onion, finely chopped
- 1 egg
- vegetable oil, for deep-frying
- naan bread, to serve
- for the sauce
- 5 tbsp oil
- 2 whole dried red chillies, each broken in half
- 2 cloves
- 1 green cardamom
- 3 medium onions, chopped
- 1 tbsp ginger and garlic paste
- 1/4 tsp ground turmeric
- 2 tsp ground coriander
- 2 tbsp tomato purée

**1** Soak the bread in water. Squeeze out all the liquid, then break up the bread and mix it with the venison mince, 1 tsp salt and the rest of the kofta ingredients except for 1 tbsp of the green chillies.

**2** Shape the mixture into small oval portions around the size of a golf ball. Heat a saucepan or wok no more than 1/3 full of oil until it is hot but not smoking and a cube of bread browns in 30 secs. Deep-fry the kofta in batches until they darken in colour, then set them aside on kitchen paper.

**3** To make the sauce, heat the oil in a pan, add the dried red chillies, cloves, cardamom, onions, and ginger and garlic paste, and sauté until the onion turns golden brown. Add the turmeric and coriander powder, then 30 secs later add 2 tbsp of water to prevent the onions and spices from burning. Lower the heat, then add the tomato purée.

**4** To ensure there are no raw spices, sauté until the oil separates from the mixture, then add 250ml of water and cook for 2-3 mins. Add the kofta to the sauce and simmer gently, uncovered, for another 8-10 mins, turning the kofta very gently a few times. Garnish with green chillies before serving with naan bread.

**GOOD TO KNOW** iron • 1 of 5-a-day

**PER SERVING** 445 kcal • fat 28g • saturates 3g • carbs 14g • sugars 9g • fibre 4g • protein 32g • salt 2.8g

## Malaysia

## Asam pedas

SERVES 4 PREP 20 mins COOK 40 mins A LITTLE EFFORT

*The recipe for this spicy sea bass curry comes from Izlinda Baharom, co-owner of Zheng (zhengchelsea.co.uk). In Malaysia, there are many variations of this dish, which has a rich sauce and often contains freshwater fish. This Johorean version uses torch ginger flower (bunga kantan), which is used with strong fishy flavours. You can buy torch ginger purée online. Vietnamese mint can be found in specialist shops.*

- 60ml oil
- 1 torch ginger flower, finely chopped, or 1 tbsp torch ginger paste or grated ginger (optional)
- 20 Vietnamese mint (hot mint) or coriander leaves, plus extra to serve
- 4 sea bass fillets, plus 1 fish carcass tied in a muslin bag
- 4 tbsp tamarind concentrate
- 1 tbsp sugar
- 3 tomatoes, cut into eighths
- for the rempah
- 24 dried chillies
- 3 lemongrass stalks, white parts roughly chopped
- 10 shallots, roughly chopped
- 2.5cm fresh turmeric, grated
- 40g shrimp paste

**1** Put all the ingredients for the rempah (curry paste) in a food processor and blend until everything is very finely chopped. Set aside.

**2** Heat the oil in a medium saucepan. Add the rempah and cook over a low heat until a layer of red oil separates out on top. Add the torch ginger or ginger and Vietnamese mint leaves and stir, then add the fish carcass and cook for 5-8 mins.

**3** Add the tamarind, sugar, 1 tbsp salt and 300 ml water and cook for 5 mins. Turn off the heat, take out the fish carcass and add the tomatoes.

**4** Put the sea bass in a baking dish and pour over a little of the sauce. Put the dish in a roasting tin. Pour a little boiling water into the tin, then cover and steam the fish for 10 mins or until just cooked. Lift out the fish and discard the cooking liquid. Serve with the remaining sauce poured over and scattered with some more Vietnamese mint leaves.

**GOOD TO KNOW** 2 of 5-a-day • gluten free

**PER SERVING** 735 kcal • fat 59g • saturates 6g • carbs 19g • sugars 14g • fibre 3g • protein 30g • salt 6.5g





Venison kofta, p43





This fish  
curry has  
a rich,  
spicy  
sauce and  
is very  
popular in  
Malaysia



## India

# Lamb vindaloo

**SERVES** 4-6 people **PREP** 30 mins plus overnight chilling **COOK** 1 hr **EASY**

Neil Rankin's second *Temper* restaurant ([temperrestaurant.com](http://temperrestaurant.com)) has just opened, and this one is all about curry. This Goan vindaloo sauce is a base that can be adapted to work with different meats, fish or vegetables, and the level of chilli can be adjusted to make the sauce as intense or mild as you like. Making the sauce a day ahead will help to intensify the flavours – it can be easily reheated as required.

500g lamb neck fillet,  
cubed  
120ml rapeseed oil  
250g onions, sliced  
4 garlic cloves, roughly  
chopped  
25g ginger, roughly  
chopped  
1 medium potato, diced  
240ml stock (depending  
on the meat you're  
using), warmed through  
10g coriander, chopped,  
plus extra leaves to serve

wilted greens and lightly  
fried red onion, to serve  
**for the curry paste**  
2 tsp cardamom pods,  
shelled, seeds only  
2 tsp cloves  
2 tsp coriander seeds  
1 tsp cumin seeds, toasted  
1 tsp turmeric  
1 tbsp malt vinegar  
40g dried red chillies (adjust  
quantity to your taste)

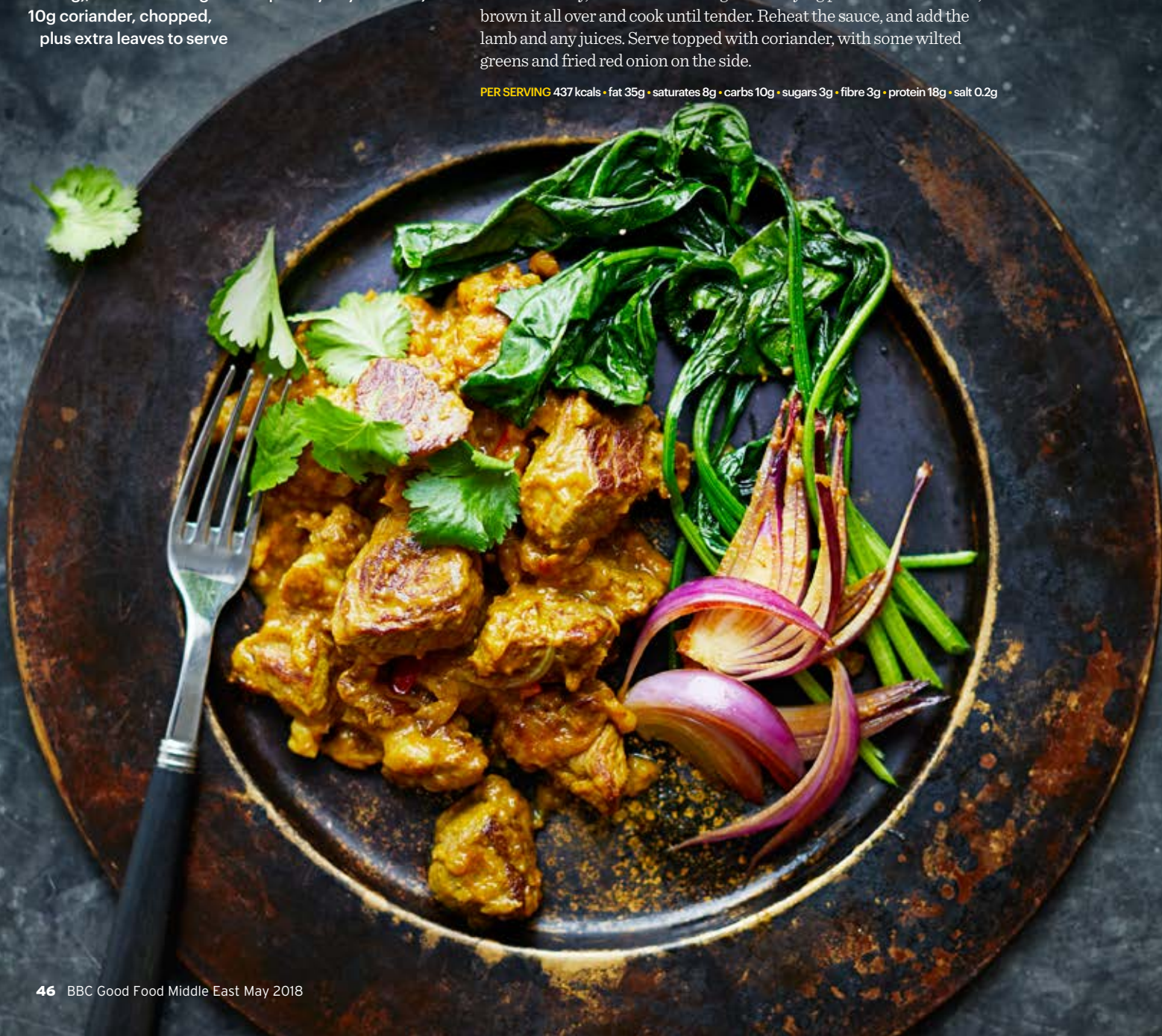
**1** Blend the paste ingredients in a blender or bash using a pestle and mortar until smooth and combined. Rub half the paste into the lamb neck, cover and chill in the fridge overnight.

**2** Heat most of the oil in a heavy-bottomed saucepan over a medium heat. Add the onion, garlic and ginger, cook slowly until the onion is translucent, then add the remaining curry paste and mix well. Cook your spices for a few mins, allowing the flavours to really open up. Decrease the heat, fold the potato into your mix, season well and cook for 5 mins.

**3** Add the stock and simmer on a low heat until the potato is cooked, then lightly crush it. Add the chopped coriander, then remove from the heat and leave to cool. Chill in the fridge overnight.

**4** The next day, heat the remaining oil in a frying pan. Season the lamb, brown it all over and cook until tender. Reheat the sauce, and add the lamb and any juices. Serve topped with coriander, with some wilted greens and fried red onion on the side.

**PER SERVING** 437 kcal • fat 35g • saturates 8g • carbs 10g • sugars 3g • fibre 3g • protein 18g • salt 0.2g





## Sri Lanka

## Crab curry

SERVES 4 PREP 30 mins COOK 1¼ hrs EASY

*Karam Sethi is launching a second outpost of his Sri Lankan restaurant Hoppers (hopperslondon.com) this month, and this is his recipe for crab curry. We used pots of white and brown crabmeat, but you can also pick your own meat from fresh crab, which will give you some chunkier pieces to finish the dish with.*

85ml oil	2 tomatoes, cut into chunks
1 tsp fenugreek seeds	10g fresh drumstick leaves (optional)
1 tsp mustard seeds	500g white crabmeat (use ready prepped or pick your own)
2 garlic cloves, chopped	20g brown crabmeat (use ready prepped or pick your own)
2-3 green chillies, chopped	cooked rice, to serve
1 thumb-sized piece ginger, grated	<b>for the paste</b>
10 curry leaves	115g frozen or fresh grated coconut
2 onions, sliced	1 tbsp cumin seeds
2 tsp chilli powder	1 tbsp peppercorns
1½ tsp turmeric	
300ml fish stock	
1½ tbsp coconut milk powder	
2tbsp tamarind pulp water	

**1** First, make the paste. Dry-roast the coconut, cumin seeds and peppercorns until golden, then pound using a pestle and mortar or blend to a smooth paste.

**2** Heat the oil in a saucepan, add the fenugreek and mustard seeds and cook until they start to crackle. Add the garlic, green chilli, ginger, curry leaves and onion, sauté until golden, then add the chilli powder, turmeric and coconut paste. Cook for 10-15 mins, making sure the mixture doesn't stick – add a splash of water if you need to. Add the fish stock and reduce until the mixture thickens a little.

**3** Add the coconut milk powder, tamarind pulp and tomatoes and stir in the drumstick leaves, if using. Season with salt and cook for 10 mins. Check the seasoning, then add the mixed crabmeat and heat through, stirring gently. Serve with rice.

GOOD TO KNOW fibre • iron • 1 of 5-a-day

PER SERVING 499 kcals • fat 38g • saturates 14g • carbs 14g • sugars 12g • fibre 7g • protein 23g • salt 1.1g

## Tamarind

The pods of the tamarind tree are used extensively in South-east Asian and Indian cooking to add a unique sweet and sour flavour. It is sold in paste and block form. To prepare block tamarind, tear off a chunk and soak in warm water for 10 mins, then squash with your fingers and strain through a fine sieve. Discard the pulp and use the liquid. To use tamarind paste, mix 15ml of tamarind with 4-6 tbsp warm water.



For more curry recipes, including our vegetarian curry collection, go to [bbcgoodfoodme.com](http://bbcgoodfoodme.com)



# After-school SPEEDY SUPPERS

Five recipes for those nights when you're planning to go out or just want to feed the troops early. These are all full of goodness and can be prepared quickly

*recipes* LULU GRIMES *photographs* WILL HEAP







## Pick & mix omelette with crunchy croutons

*Adding texture to an omelette in the form of croutons makes it a more exciting supper. This recipe is a good way of using up sandwich fillings left over from packed lunch prep.*

**SERVES 1 PREP 5 mins COOK 5 mins EASY**

1 thick slice bread, cut into small cubes  
1 tbsp olive oil  
2 eggs  
2 tbsp grated cheese  
your choice of 1 slice ham, 1 slice chicken, 2 slices salami, 2 slices chorizo, or a handful prawns  
your choice of a handful quartered cherry tomatoes, 2 tbsp drained sweetcorn, 2 tbsp defrosted frozen peas, or a handful rocket  
salad, to serve

**1** Heat  $\frac{1}{2}$  tbsp oil in a small non-stick frying pan. Add the bread, toss it around and fry over a medium heat until it starts to brown and crisp all over. Tip the croutons onto a plate, then carefully wipe out the pan. Shred the meat you have chosen to use or roughly chop the prawns.  
**2** Beat the eggs lightly with a fork and season if you want. Heat  $\frac{1}{2}$  tbsp oil in the frying pan, then pour in the egg. Tip the pan from side to side until the base is covered and starting to set. Add the meat and veg to the side of the omelette nearest you. Cover the pan with a lid for a minute, then add the cheese and cover for another minute. Finally add the croutons and flip the far side of the omelette towards you so that it covers the filling. Slide onto a plate and serve with whatever kind of salad you can get away with.

**GOOD TO KNOW** calcium • folate • iron

**PER SERVING** 620 kcals • fat 37g • saturates 12g • carbs 25g • sugars 5g • fibre 4g • protein 44g • salt 1.5g

## Noodle stir-fry with crunchy peanuts

*Packs of stir-fry veg vary, so choose the one that suits you best. Pick out the onion and fry it briefly first if you like – sometimes the pieces are quite large and otherwise won't have enough time to cook through along with the rest of the veg.*

**SERVES 3 PREP 10 mins COOK 10 mins EASY**

2 tbsp crunchy peanut butter	1 tbsp oil
1 tbsp soy sauce	2 eggs, lightly beaten
1 tbsp roasted unsalted peanuts, chopped, plus extra to serve	300g pack stir-fry vegetables
300g pack ready to eat egg noodles	sweet chilli sauce, to serve (optional)

**1** Mix the peanut butter with the soy sauce and 50ml water, then add the peanuts. Put the noodles in a bowl and cover them with boiling water. Stir them gently so they separate, then drain.

**2** Heat  $\frac{1}{2}$  tbsp oil in a wok or large frying pan, and pour in the egg. Leave the egg to set, then chop it up with your spatula and tip it onto a plate. Heat the remaining oil in the wok. Stir-fry the veg until starting to wilt, then add the noodles and keep cooking. Return the egg to the wok, then spoon in the peanut mixture and toss. Divide between bowls, then sprinkle over more peanuts. Serve with sweet chilli sauce, if you like.

**GOOD TO KNOW** low cal • 1 of 5-a-day

**PER SERVING** 371 kcals • fat 19g • saturates 3g • carbs 32g • sugars 5g • fibre 4g • protein 16g • salt 1.5g







## Corn & prawn chowder

*In season, use fresh sweetcorn. Canned or frozen will do the trick the rest of the year. You can also use chicken instead of prawns if you prefer.*

**SERVES 2** (easily doubled) **PREP 15 mins** **COOK 25 mins** **EASY**

1 tbsp olive oil	195g can sweetcorn, drained
½ onion, finely chopped	(or the same weight of frozen)
150g potato, cut into small cubes	1 large wholemeal pitta bread
300ml whole milk	½ tbsp garlic butter
200ml chicken stock	small pack chives, snipped
150g cooked small prawns, drained	(optional)

**1** Heat the oil in a saucepan. Fry the onion until it softens but don't allow it to brown. Add the potato, milk and stock, and bring everything to a simmer. Cook for 10 mins or until the potato is soft, then gently squash some of the potato against the side of the pan to thicken the chowder. Add the prawns and sweetcorn, and cook for another 5 mins.

**2** Meanwhile, spread the pitta with the garlic butter. Grill the pitta until it browns a little, then cut into strips. Serve the soup sprinkled with chives, if you like, with the garlic pitta on the side to dip.

**GOOD TO KNOW** low fat • low cal • calcium • folate • fibre • vit c • 2 of 5-a-day  
**PER SERVING** 447 kcal • fat 14g • saturates 5g • carbs 48g • sugars 17g • fibre 8g • protein 28g • salt 1.9g

## Chicken & chickpea rice

*If chickpeas are unacceptable in your house, try stirring through some frozen peas (or another vegetable that you know will get eaten) 5 mins before the cooking time is up.*

**SERVES 2-3** **PREP 15 mins**  
**COOK 25 mins plus standing** **EASY**

25g butter  
 1 shallot, finely chopped  
 1 skinless chicken breast (about 180g), cut into strips  
 1 carrot (about 100g), cut into thin batons  
 1 cinnamon stick  
 1 strip lemon zest  
 125g basmati rice  
 2 heaped tbsp raisins or sultanas  
 250ml chicken stock  
 215g can chickpeas (drained weight 130g)

**1** Melt half the butter in a frying pan with a lid. Fry the shallot for a couple of minutes, then add the chicken and carrot. Fry the veg until starting to brown, then add the cinnamon and lemon, and season well. Stir in the rice and raisins, then add the stock and bring to a simmer.

**2** Scatter the chickpeas on top, then cover with the lid. Cook for 15 mins over a low heat until the rice has absorbed all the stock – if the rice is still firm, add 50ml water. Stand for 5 mins, then fluff up the rice. Dot over the remaining butter, then serve.

**GOOD TO KNOW** low cal • 2 of 5-a-day  
**PER SERVING** (3) 417 kcal • fat 9g • saturates 5g •  
 carbs 56g • sugars 16g • fibre 5g • protein 24g • salt 0.5g















## Mince & pea pies

*Make individual pies and freeze them, so you can pull one out to cook when you need it.*

**SERVES 4** **PREP** 20 mins **COOK** 55 mins plus cooling **EASY** ✨

500g lean minced beef	1 tbsp tomato purée
1 tbsp olive oil	1 beef stock cube
1 onion, finely chopped	200g frozen peas
2 large carrots (about 200g), finely chopped	1 egg, lightly beaten
2 celery sticks (about 200g), finely chopped	375g ready-rolled shortcrust pastry
	Tenderstem broccoli or other greens, to serve

**1** Fry the mince in a little oil over a high heat, stirring to break up any lumps, until it's well browned all over. Transfer the mince to a plate, then fry the onion, carrots and celery in the rest of the oil over a low heat until softened. Stir in the tomato purée and crumble in the stock cube, then return the mince to the pan and give everything a good stir. Fry for a minute, then add 300ml water. Cover with a lid and simmer for 20 mins, then remove the lid and simmer until the sauce has thickened slightly. Stir in the peas, then turn off the heat and leave to cool for 10 mins.

**2** Heat oven to 200C/180C fan/gas 6. Divide the mince mixture between four individual pie dishes (or use one large dish). Brush the dish rims with egg. Unroll the pastry and cut it into four pieces for the individual pies – roll the pieces out a little more to fit the pie dishes if you need to. Top each pie with some pastry, press down against the rim and trim any excess. Seal the edges with a fork, or crimp if you like, then brush the pastry with egg.

**3** Poke a little hole in the top, decorate with any offcuts if you like (brushed with a little egg), then cook for 25-30 mins or until the pastry is golden and risen. Cool for 5-10 minutes before serving.

**GOOD TO KNOW** fibre • 2 of 5-a-day

**PER SERVING** 716 kcal • fat 40g • saturates 14g • carbs 48g • sugars 10g • fibre 9g • protein 37g • salt 1.7g



**If you cool the filling completely, you can add the pastry and freeze the pies uncooked.**



**For more family recipes, go to [bbcgoodfoodme.com](https://bbcgoodfoodme.com)**





## Boost your energy

Cookery writer **Sophie Godwin** shares her delicious recipes that are packed with ingredients to help you feel energised

*photographs* MIKE ENGLISH

*registered nutritionist* KERRY TORRENS

### Breakfast

#### Green eggs



**SERVES 2** **PREP** 5 mins **COOK** 15 mins **EASY** **V**

1½ tbsp rapeseed oil, plus a splash extra	pinch of chilli flakes, plus extra to serve
2 trimmed leeks, sliced	200g spinach
2 garlic cloves, sliced	2 large eggs
½ tsp coriander seeds	2 tbsp Greek yogurt
½ tsp fennel seeds	squeeze of lemon

**1** Heat the oil in a large frying pan. Add the leeks and a pinch of salt, then cook until soft. Add the garlic, coriander, fennel and chilli flakes. Once the seeds begin to crackle, tip in the spinach and turn down the heat. Stir everything together until the spinach has wilted and reduced, then scrape it over to one side of the pan. Pour a little oil into the pan, then crack in the eggs and fry until cooked to your liking.

**2** Stir the yogurt through the spinach mix and season. Pile onto two plates, top with the fried egg, squeeze over a little lemon and season with black pepper and chilli flakes to serve.

**GOOD TO KNOW** healthy • calcium • folate • fibre • vit c • iron •

2 of 5-a-day • gluten free

**PER SERVING** 298 kcal • fat 20g • saturates 4g • carbs 8g • sugars 6g •  
fibre 6g • protein 18g • salt 0.8g



Supplying  
vitamin C and  
iron, this breakfast will  
super-charge your  
morning. It provides  
energy from protein and fat,  
which helps keep you  
satiated so you're less  
likely to hit the  
biscuit tin later



## Lunch

### Salmon, sesame & asparagus open sandwich



**SERVES 2** **PREP** 5 mins  
**COOK** 5 mins **EASY**

200g asparagus tips  
1 tsp sesame oil  
170g can of salmon, drained  
2 tbsp Greek yogurt  
1 tsp white miso (see tip, below)  
2 slices of rye bread  
1 tbsp toasted sesame seeds

**1** Heat the grill to its highest setting. Toss the asparagus tips in the sesame oil on a baking tray and grill for 5 mins until tender.

**2** Meanwhile, mix the salmon with the yogurt and miso in a bowl, and toast the rye bread. Divide the miso salmon between the toasts, top with the grilled asparagus, then sprinkle over the sesame seeds to serve.

**GOOD TO KNOW** low cal • calcium • folate • omega-3 • 1 of 5-a-day

**PER SERVING** 308 kcals • fat 14g • saturates 5g • carbs 15g • sugars 4g • fibre 4g • protein 29g • salt 1.4g

#### gf tip

You can use a white miso soup sachet if you can't find the paste.

We've balanced complex carbs from the rye bread with protein from the salmon to help avoid that post-lunch slump. Asparagus is a useful source of B vitamins, as it helps us access the energy in our food





## Dinner

### Steak & Vietnamese noodle salad

HEALTHY

2 OF  
5-A-DAY

GLUTEN  
FREE

**SERVES 2 PREP 15 mins COOK 10 mins EASY**

83g brown rice  
noodles (Clearspring  
contain no salt)  
1 tsp rapeseed oil  
250g fillet steak  
2 carrots, peeled into  
ribbons  
½ Chinese cabbage,  
shredded  
4 spring onions, sliced

1 small pack coriander,  
roughly chopped  
**For the dressing**  
1 red chilli, seeds removed  
and thinly sliced  
1 lime, juiced  
2 tsp soft brown sugar  
1 tsp rice wine vinegar  
1 garlic clove, finely chopped  
½ tsp fish sauce

1 Mix all the ingredients for the dressing together in a bowl with 1 tbsp water until the sugar has dissolved.

2 Cook the noodles following pack instructions, then plunge into a bowl of cold water to cool completely. Drain the noodles, then add the carrot, cabbage, spring onion and dressing, and toss to combine.

3 Heat the oil in a frying pan over a high heat. Season the steak, then cook to your liking; 2-3 mins on each side for medium rare. Leave to rest for 5 mins, then slice. Divide the salad and steak slices between bowls and scatter over some coriander to serve.

**GOOD TO KNOW** healthy • low cal • low fat • folate • fibre • vit c • 2 of 5-a-day • gluten free

**PER SERVING** 400 kcs • fat 9g • saturates 3g • carbs 41g • sugars 12g • fibre 8g • protein 34g • salt 1.1g

How  
you eat in the  
evening can impact  
on your sleep and energy  
levels the next day. This  
supper supplies vitamins,  
minerals and fibre, as well as  
energy from complex carbs,  
to help stabilise blood  
sugar levels through  
the night



# Savour the flavours of RAMADAN

Join us for traditional Iftar experiences within the unique settings of The Atrium restaurant, while being entertained by live 'QANUN PERFORMANCE'. The kids can enjoy themselves at our dedicated 'PLAY AREA'.

Starts at 6:30pm, throughout Ramadan

## IFTAR BUFFET

Arabic delights with mutli-cuisine spread and Ramadan juices

AED 169 per adult

AED 85 for kids (6-12 years)

Kids below 6 years dine with our compliments

## EARLY BIRD GROUP BOOKINGS

AED 99 per adult

\*Early bird offer to be booked before 10<sup>th</sup> May 2018

\*Terms & conditions apply.

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# Health news

Health news covering everything from ingredients and dishes to advice and new products to try



## Comptoir 102 to host breakfast talk with philanthropist Juliette Dumas



On May 14, Comptoir 102 will be hosting a special breakfast talk with the renowned French author, speaker and philanthropist Juliette Dumas,

that will bring focus to obtaining greater self-belief and understanding.

Juliette, raised abroad but truly Parisian, will give guests tips to enhance their inner light through a fulfilling program with her talks and workshops.

Juliette offers 'shine therapy' inspired by her state of mind. "It allowed me to better live my life, to resist storms, to overcome obstacles and to tame my fears. Fear can slow you down, block and pollute, but fear does not like the light, even less the inner light that we all have in inside us and the desire to just want to shine," commented Juliette.

Her book "Feel the sun one minute a day even if it doesn't shine" published in French and soon to be published in English, is a reference in positive state of mind philosophy and in understanding your own strengths, leading to a strong well-being and a happier life.

The breakfast talk is priced at Dh\$120 per person, which will include entry, an energy kick juice and a crème budwig.

To reserve a spot, e-mail [gossip@comptoir102.com](mailto:gossip@comptoir102.com) or call +971 4 385 45 55.

Photographs SUPPLIED

## Stock up on superfoods



Recently added at the Ripe Organic Farm Shop is a new, wide range of superfoods. As consumers become more aware of the health and energy-giving benefits of the 'superfood'

category, demand has been on the rise. The Ripe range of superfoods, including smoothie mixes, is organic-certified. Everything is 100% natural, made with minimal processing, no preservatives, dyes or regulators, assuring the highest level of quality and nutrient integrity.

In-store, you'll also find a huge variety of fresh organic fruits and veggies, nut butters, nuts & seeds, and more. Products from Ripe can be ordered online at [ripeme.com](http://ripeme.com) or in-store at Park Centre Mall in Mirdif, Shoreline 8 GF at Palm Jumeirah, Town Centre Mall at Jumeirah, and at Al Manara, Umm Suqeim.

## Maintaining your health during Ramadan

Let's be honest, fasting is not easy. And, fasting followed by feasting equals a bad combination, so it is important to take good care of your body and mind during Ramadan. Here are a few healthy guidelines from the medical expert at Clinique La Prairie Spa, Dr. Lopez (the medical director), to bear in mind during the holy month:

### Detox with tea

Try to drink a herbal green tea after your heavy meal and before your Suhour meal every morning, to keep your body hydrated and purified in a healthy and natural way, eliminate excess fluid and awaken your metabolism. When enjoyed every day throughout the year, green tea can also slow down ageing and give your body new found energy, along with reducing the feeling of hunger.

### Vitamin rich diet

Have a balanced diet rich in protein and vitamin. Your meal should include vegetables, fruits rich in vitamins (orange/kiwi/lemon) with carrots (vitamin A) and cereals which are a source of Vitamin B.

### Protect your skin

With the month of Ramadan, comes the harsh temperatures and not having water during the day can cause your skin to damage. Protect your skin by using their a very hydrating cream to keep your skin looking supple and feeling fresh.

### Recommended exercise

Do not participate in strenuous activities, but stick to aqua gym, swimming, pilates and yoga which will work on the elasticity of your body.

### Say no to spices

There is a tendency to ingest excessive spices at the break of fast such as peppers, zaatar and sugars, all of which increase levels of

sugar in blood, leading to possible diabetes and obesity. As spicy food weakens digestive strength, try to opt for mint, infusions of fennel, basil, chamomile and cardamom which are easier to digest.

### Sleep cycle

If you manage a good healthy diet with decent physical activity, you will be able to regulate an 8-hour sleep pattern which is imperative as the body is in fasting mode. For a good night's sleep, use an infusion of verbena, chamomile and hot milk.

**For more information about Clinique La Prairie Spa in Switzerland (pictured), call +41 21 989 34 81, or e-mail [reservation@laprairie.ch](mailto:reservation@laprairie.ch).**







## The Farmhouse launches UAE-grown pesticide-free produce

A new UAE fresh food producer, The Farmhouse, has launched its inaugural line of locally grown, pesticide-free vegetables. The vegetables are being grown locally, in Ras Al Khaimah. They are picked, packaged and delivered to supermarket shelves across the Emirates in less than 24-hours, giving residents a new option for high-quality, ultra-fresh vegetables at a competitive price.

The inaugural selection of produce comprises beef tomatoes, cherry tomatoes, capsicums, cucumbers, green & yellow zucchini, marrow and Galia melons. The Farmhouse has partnered with Barakat Group to supply multiple product varieties.

All of The Farmhouse's crops are being grown in the controlled environment of its 430,000-square-foot (4 ha/10 acres) greenhouse hydroponic farm in RAK. The first phase of the facility was completed and produced its first harvest in March 2018, with crop production ramping up this month. When all crops are in harvest, The Farmhouse will supply over 25 tonnes per week of best-in-class vegetables for local consumers. A second phase expansion to over 1 million square feet (10 ha/25 acres) will commence later in 2018.

Hydroponic technology uses micro-irrigation to deliver nutrient-enriched water to plants. "Our hydroponic ecosystem is the key to The Farmhouse," said operations director Esteban Barrachina, a third-generation hydroponic farmer. "It allows us to control all aspects of our greenhouse environment, so we never need to use pesticides or chemicals. We are able to closely monitor

growth of our vegetables and harvest at the peak of their freshness."

For more information, visit [thefarmhouseuae.com](http://thefarmhouseuae.com) and follow for updates on Instagram or Facebook at @TheFarmhouseUAE.



# 4 healthy dishes to try in Dubai this month

## Veggie Fajitas at Poco Loco, The Beach, JBR

Reinventing the traditional concept of beef and chicken fajitas, the Latin American and Mexican restaurant Poco Loco, introduces its signature healthy dish the 'Veggie Fajitas'. Prepared with steamed fresh mushrooms, cooked onions and bell peppers, the flavourful dish is a healthy balanced meal that can be served with tortillas, sour cream, guacamole and cheese offering your little ones the chance to add their favourite toppings to their meal. This dish is one of the easiest to prepare at home and is not restricted to the ingredients as any kind of your kid's favourite vegetables can be added to the colorful mix like zucchini, cauliflower, tomato and corn. Priced at Dhs92. Call 04 456 2081.

## Detox on Nibs at Cocoa Kitchen, City Walk

At Cocoa Kitchen, chefs use cocoa in their signature salad bowls to give flavours a sweet uplift, making it perfect for little ones. So, if you're looking to try a tasty salad head to the outlet and try the detox on nibs salad. The scrumptious yet healthy bowl is complemented by ingredients such as avocado, pomegranate, carrots, and red, black and white quinoa, plus brown rice, mixed lentil grains, sunflower seeds, red cabbage, kale, coriander, cashew nuts and broccoli, replete with rich cocoa nibs creating a well-balanced and delectable flavour. Priced at Dhs35. Call 04 343 2506.



## Diway Tahta at Homestead Restaurant and Bakery, The Yard - Al Khawaneej

For a healthy and fulfilling meal look no further than Homestead Restaurant and Bakery's Diway Tahta (traditional Emirati Biryani). The dish offers a

wholesome and nutritional meal, offering a balanced palette of ingredients like dried fruits and nuts, tomato paste, and soft baby chicken. Priced at Dhs65. Call 800 HOMESTEAD (466378323).

## Khameer Bread with Falafel at SIKKA Café, City Walk

For the little ones, the Khameer Bread with Falafel at SIKKA Café guarantees to offer children a tasty yet healthy meal. The sandwich is made with khameer bread, and its fillings include falafel (vegetarian fritters), lemon, tomato and Rocca leaves giving it an added zest of flavours. Priced at Dhs32. Call 04 385 6524.





# Shaping up

Are you looking to get into shape or maintain your ideal weight, but tired of pounding away on the boring treadmill? Give one of these Dubai-based fitness classes a try...



## Flywheel Dubai, Burj Views and Gold & Diamond Park

Flywheel was founded by a passionate team of fitness experts, dedicated to re-inventing the indoor cycling experience through camaraderie, technology, music and, most importantly, fun. Every Flywheel ride delivers a high-intensity cardio workout in a fun, welcoming, and energetic atmosphere - they have literally re-invented the wheel. To compliment Wheel, the studio also offers FlyBarre classes. FlyBarre provides a revolutionary form of body sculpting. It combines the disciplines of yoga, dance, circuit training, pilates and strength building with the Flywheel touch. Every instructor is experienced, creative and eager to push limits -- yours and theirs. A full-body workout based on high repetitions at low weights, FlyBarre is designed to lengthen, tone, and sculpt. Classes are highly energetic, fast-paced, and challenging. We use a wide range of props to tighten muscles and keep things interesting. FlyWheel & FlyBarre have a studio in Burj Views and Gold & Diamond Park.

**WHEN?** Daily with different instructors at various times. Visit [dubai.flywheelsports.com](http://dubai.flywheelsports.com) for full timetable.

**BOOK YOUR CLASS:** E-mail [burjviews@flywheelsports.com](mailto:burjviews@flywheelsports.com)



## BARE Fitness, Business Bay

Meal planning, support and high intensity group training, BARE is a nutrition-focused, transformative centre famous for dramatic fat-loss and extreme fitness performance. With one studio in Business Bay, BARE has become best known for their #TrainBLACK classes, which combines high intensity fitness, training with sculpting weight lifting, pumping playlists and an electric atmosphere. Unrivalled for calorie burn and energy, #TrainBLACK is so much more than just a workout.

**WHEN?** Daily at various times. See [www.bare.fitness](http://www.bare.fitness) for full timetable.

**HOW MUCH?** Dhs800 for a monthly membership.

**BOOK YOUR CLASS:** Call 05-44550597.



## DRYP Hot Yoga, Dubai Marina

Love yoga and fancy giving something new a try? DRYP is Dubai's hottest (literally), yoga studio to recently open to offer Traditional Hot Yoga + Hot Fitness classes that have power to transform you. Unlike traditional heat systems, DRYP uses the latest infrared heat technology in the classes, which gently warms up your body instead of the room and comfortably maintains a consistent temperature throughout your workout. DRYP welcomes everyone regardless of age, fitness or flexibility levels.

**WHEN?** Daily at varied times, see [dryp.ae](http://dryp.ae) for timetable. Classes are 60 minutes and 90 minutes.

**HOW MUCH?** Dhs 150 for seven days unlimited.

**BOOK YOUR CLASS:** Call 04 220 5330.



## Aquaspin, Fairmont The Palm

Aquaspin is the latest revolutionary aqua exercise that's kind to the joints and muscles, yet burns the calories and improves cardio vascular fitness. The 45-minute class involves cycling on state-of-the-art spin bikes submerged inside the water. Cycling under the water is not only different but is extraordinarily rewarding and burns those extra kilos. The early morning and evening classes seven days a week are the perfect way to cool off and have fun.



AquaPower classes focus on strength, cardio and combat movements in water – with water weights to increase strength and powder.

AquaEndure classes focus on mainly on endurance and speed, this class is all about stamina, with longer sets and lighter resistance.

**WHEN?** Every day, morning and evening.

**HOW MUCH?** Dhs75

**BOOK YOUR CLASS:** Call Fairmont The Palm's Health Club on 04-4573330 or e-mail [palmdubai@fairmont.com](mailto:palmdubai@fairmont.com).

## Barry's Bootcamp Dubai, DIFC

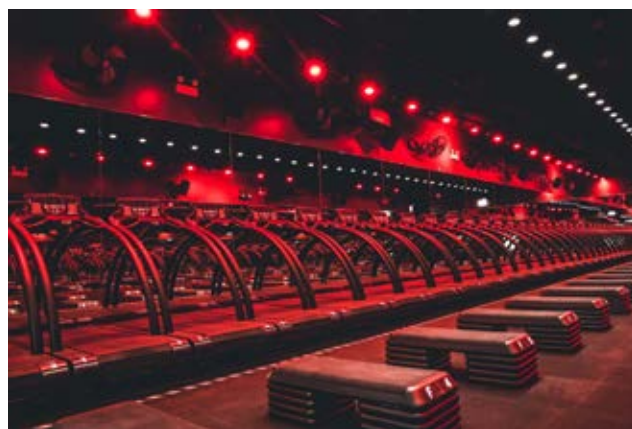
Barry's serves up a high-intensity work out, which allows you to burn up to 1,000 calories in one class, whilst toning muscle, maximising fat loss, and increasing your metabolism.

The instructors push you to do what you didn't even know you were capable of doing, with the help of loud music, signature red lights and an all-round high-energy environment. Each class is different, so you'll never do the same routine twice, which helps with usual gym boredom. Barry's Original class is a mix of running and weights. There is also a Double Floor class – a no treadmill option for the days that you can't run, or just don't want to.

**WHEN?** Daily at varied times. See [barrysbootcamp.com/studio/dubai/](http://barrysbootcamp.com/studio/dubai/) for full timetable.

**HOW MUCH?** Prices start at Dhs120 for a single class or you can book 50 classes for Dhs5,000.

**BOOK YOUR CLASS:** Call 04 2544775 or e-mail [frontdeskdifc@barrysbootcamp.com](mailto:frontdeskdifc@barrysbootcamp.com)



## Adidas Runners Club, all around Dubai

If you're a running or looking to get into running, the Adidas Runners Club is one to try, operating all over Dubai in locations like Dubai Marina and Kite Beach. Adidas connects like-minded people looking for more than a run club, both in their hometown and around the world, so you can keep with the fun when you're travelling too. The club offers personalised training plans, expert coaching and exclusive experiences help members smash goals, celebrate success and have fun doing it

**WHEN?** Daily at different times and locations.

**BOOK YOUR CLASS:** Visit [mena.adidas.com/adidasrunners/en\\_AE/dubai](http://mena.adidas.com/adidasrunners/en_AE/dubai) for more information and to book directly.





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# 5 tips for healthy skin

While it can sometimes be a challenge to sustain healthy, glowing looking skin, here are five basic tips by skincare brand, Marzia Clinic to help delay the natural aging process, prevent major skin issues and keep your skin looking healthy and youthful



## 1 Protect your skin from the sun

Excessive sun exposure can cause wrinkles, age spots and even detrimental diseases such as skin cancer. Using a broad-spectrum sun cream that contains physical filters and can protect your skin from UVA/UVB rays is vital, as this can reduce the risk of skin damage and keep your skin looking youthful. Also, it is highly recommended to re-apply sun cream every two hours, especially if you will be engaging in outdoor activities such as swimming.



## 2 Quit smoking

We all know that smoking in general is harmful for the body, but did you know it could make your skin age as well? Smoking narrows blood vessels in the outer layers of skin, which decreases blood flow and makes your skin look paler. It can also deplete the skin of oxygen and nutrients that contribute to healthy looking skin and damage the natural collagen responsible for skin elasticity. Thus, it is highly recommended to stay away from smoking to prevent the skin from aging earlier than anticipated.



## 3 Treat your skin gently

It is important to take care when choosing the products used during your daily face cleaning routine and ensure they contain less chemicals and toxins that may strip the skin from its

natural oils and cause further damage. Choose products that are natural, paraben and preservative free, mineral oil free, silicone free, alcohol free and are vegan certified.

## 4 Maintain a healthy diet

Many individuals think this tip is the most overused, but skin experts can't emphasize following a healthy and balanced diet more as they believe that beauty comes from the inside and the food you put into your body reflects on your skin. Eating plenty of fruits and vegetables, whole grains and lean protein can contribute to clear skin and fight against early signs of aging. Drinking plenty of water and staying away from fizzy drinks and alcohol can also help prevent skin issues and promote healthy skin

## 5 Manage stress

Excessive stress can make your skin sensitive and trigger breakouts and fine lines. Thus, it is important to eliminate the causes of stress and be in a healthy state of mind in order to maintain good skin. Experts recommend getting enough sleep, staying active and managing your to-do list in a way that does not pressurise you and gives you time to relax and enjoy as well.

Marzia Clinic products and facials are available from Blush N Curls Ladies Salon & Spa, Anahata Spa Abu Dhabi, Luban Spa, Wasl, Life N One Wellness Centre Jumeriah, and Eminence Spa – Ajman. For more information, see @marziaclinicUAE on Instagram.

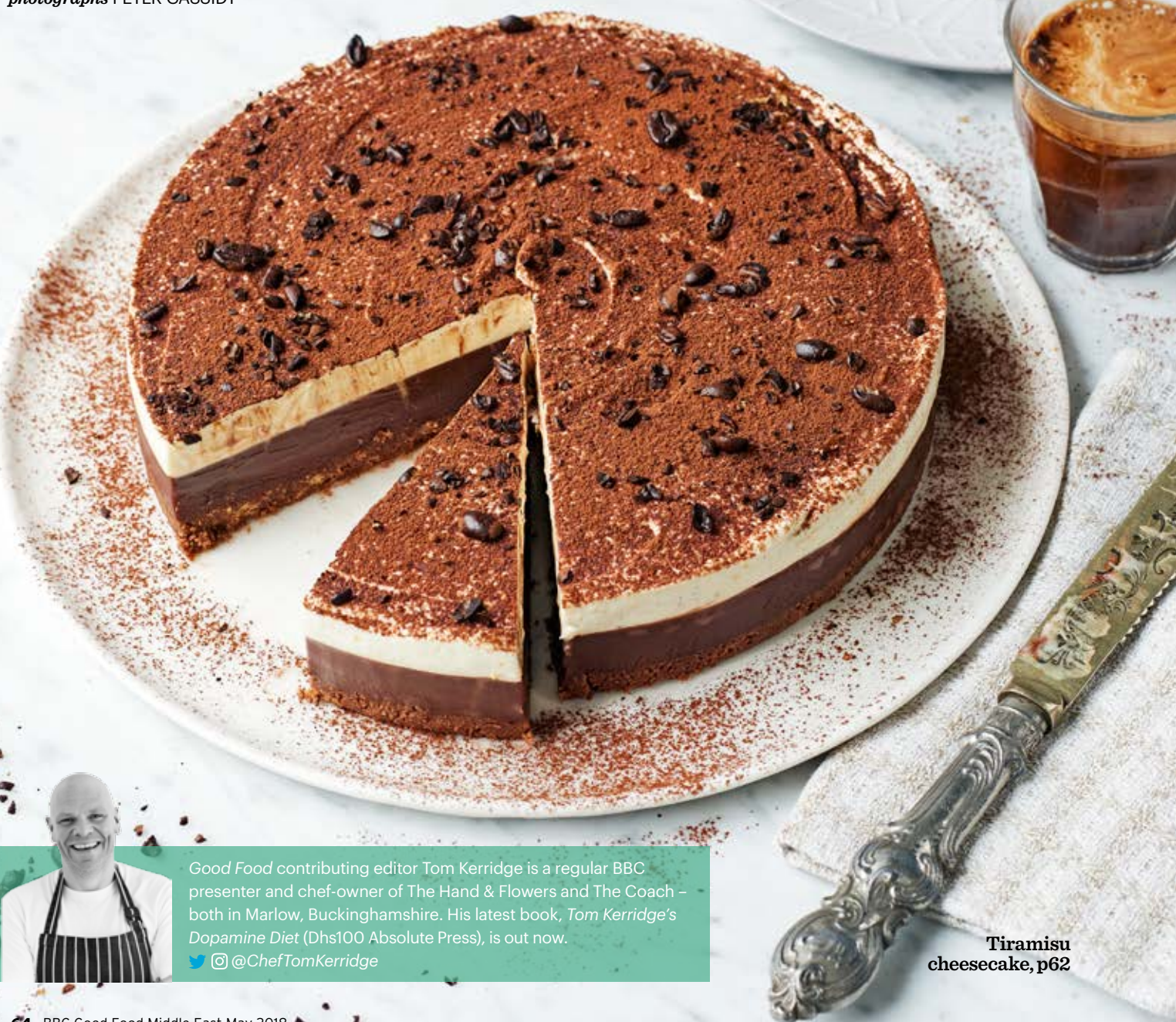


TOM KERRIDGE'S

# Dinner party desserts

When you're having people over, the dessert course makes the grand final impression. That doesn't mean desserts have to be complicated or plated 'restaurant style' – you want things that are easy or can be made ahead so there's no last-minute stress. Whether you want something fruity, chocolatey, nostalgic or comforting, there's something here for you

photographs PETER CASSIDY



Good Food contributing editor Tom Kerridge is a regular BBC presenter and chef-owner of The Hand & Flowers and The Coach – both in Marlow, Buckinghamshire. His latest book, *Tom Kerridge's Dopamine Diet* (Dhs100 Absolute Press), is out now.

[Twitter](#) [Instagram](#) @ChefTomKerridge

Tiramisu  
cheesecake, p62





Blackberry baba with spiced cream, p62



## Blackberry baba with spiced cream

*If you love a fruity sponge cake, then this takes it to the next level. There is a sense of generosity about a large baba, overflowing with fruit (which can be changed to suit the season) with the rich flavour of the cream.*

**SERVES** 10-12 **PREP** 50 mins plus proving **COOK** 45 mins  
**MORE EFFORT** **V** **T**

### for the dough

70g soft butter, plus extra  
for the tin

7g sachet fast-action dried  
yeast

10g honey

5 medium eggs

1 tsp ground ginger

80g self-raising flour

80g plain flour

40g fresh white  
breadcrumbs

### for the syrup

200ml of your favourite  
spirit, poire Williams  
(pear brandy) works well  
but so does dark rum,  
brandy or calvados

200g caster sugar

### for the compote

300g blackberries

50g caster sugar

1 tbsp liquor (use the same  
one you used for the  
syrup)

### for the mace cream

200ml double cream

65g caster sugar

1 tsp ground mace

**1** Tip all the ingredients for the dough, and a large pinch of salt, into the bowl of a tabletop mixer with a dough hook attachment. Mix on high for 6-8 mins until the butter is fully incorporated and the texture is like a loose batter. Remove the bowl from the machine, cover with cling film and leave to prove for 30 mins or until doubled in size.

**2** Heat oven to 170C/150C fan/gas 3½ and butter a large bundt tin. Spoon the mixture into the tin and leave for around 30 mins or until the mix has risen to two-thirds of the way up. Bake for 30 mins or until it's lightly golden and a skewer inserted into the middle comes out clean, then turn out onto a wire rack and leave to cool.

**3** While the cake is baking, make the syrup. Put the brandy, sugar and 200ml water in a saucepan and boil for 5 mins until you have a thin syrup. When the cake is cool, carefully return it to the tin, then drizzle the hot liquid over the cake and leave it to soak in for 10-15 mins.

**4** For the compote, put the berries, sugar and brandy in a saucepan, stir over a medium heat until the berries start to release their juices, around 3 mins, then remove the pan from the heat and leave to cool.

**5** Whisk the cream, sugar and mace together until it forms soft peaks. To serve, place the soaked sponge on a large plate and spoon most of the berries into the middle. Top with the cream and the remaining berries before bringing to the table and slicing.

**PER SERVING** (12) 372 kcal • fat 16g • saturates 9g • carbs 41g • sugars 29g • fibre 2g • protein 5g • salt 0.3g

## Tiramisu cheesecake

*If you've been asked to bring dessert to a party, this is a great one, as it's easy to transport and serve, plus everyone loves tiramisu and everyone loves cheesecake.*

**SERVES** 10-12 **PREP** 30 mins plus overnight setting  
**COOK** 10 mins **EASY** **V** **T**

### for the base

300g pack dark chocolate  
digestives

80g butter, melted

### for the chocolate layer

500g milk chocolate, the  
best quality you can find,  
finely chopped

300ml double cream

100ml Tia Maria

### for the cheesecake layer

300g cream cheese

200g double cream

1 tsp vanilla extract

1 orange, zested

50g icing sugar  
cocoa powder and crushed  
coffee beans, to serve

**1** Line the base of a 23cm springform cake tin with baking parchment. Crush the biscuits as finely as possible in a food bag using a rolling pin, or in a food processor, and mix with the melted butter. Tip into the tin, pressing down to flatten and set aside in the fridge.

**2** For the chocolate layer, tip the chocolate, cream and Tia Maria into a bowl and melt over a pan of simmering water. Once melted, quickly stir together and pour over the biscuit base, then chill in the fridge for at least 3 hrs, or until set.

**3** When the chocolate layer is set, beat the cream cheese, double cream, vanilla, orange and sugar together, then spread and swirl the mix evenly over the chocolate layer. Put the cake back in the fridge for a couple of hours or overnight. *Can be made up to two days in advance and kept covered in the fridge.*

**4** To serve, remove from the fridge, sieve over the cocoa powder and sprinkle over the crushed coffee beans. Run a knife around the edge of the cheesecake and release from the tin and serve. For a neater finish, blowtorch the outside of the tin to release the sides.

**PER SERVING** 605 kcal • fat 45g • saturates 28g • carbs 39g • sugars 31g • fibre 2g • protein 6g • salt 0.5g





## Plum & apple cobbler

*This is a homely comfort food dessert that you put in the oven after the Sunday roast has come out. Like a crumble, the cobbler topping can be used to top whatever stewed fruit you like.*

**SERVES** 8-10 **PREP** 45 mins **COOK** 40 mins **EASY** V \*

### for the fruit

100g butter, cubed  
100g golden caster sugar  
2 vanilla pods, seeds scraped out  
700g firm plums, stoned and roughly chopped  
300g Braeburn apples, peeled, cored and chopped  
1 tsp cinnamon

### for the cobbler dough

1 egg  
100ml milk  
140g cold butter, cut into cubes  
280g plain flour  
140g golden caster sugar  
½ tsp cinnamon  
1 tbsp baking powder  
2 tbsp demerara sugar  
clotted cream, to serve

**1** For the fruit, put all the ingredients in a saucepan. Cook over a low heat, stirring until the butter has melted and the sugar has dissolved, then leave to simmer until you have a chunky fruit compote, then set aside.

**2** Heat oven to 190C/170C fan/gas 6. Whisk the egg into the milk and set aside. Rub the butter and the flour together until it has the texture of chunky breadcrumbs, then stir in the caster sugar, cinnamon, baking powder and a large pinch of salt. Pour in the milk mixture and bring together to form a thick, batter-like texture.

**3** Tip the compote into a baking dish and top with large spoonfuls of the cobbler mix, making sure there are a few gaps for the fruit to bubble through, then sprinkle everything with the demerara sugar. Bake for 35-40 mins or until the topping is golden and just cooked through. Remove from the oven and leave to rest for 5 mins before serving straight from the dish with generous spoonfuls of clotted cream.

**GOOD TO KNOW** 1 of 5-a-day

**PER SERVING** (10) 454 kJ • fat 21g • saturates 13g • carbs 60g • sugars 38g • fibre 3g • protein 5g • salt 0.8g





## Banana custard with dates & honeycomb

*This is our best-selling dessert at my pub, The Coach. One word of advice: for the best flavour, use the ripest bananas possible – green bananas are a no-go.*

**SERVES 6** **PREP 15 mins**

**COOK 20 mins** **MORE EFFORT V**

3 very ripe bananas

450ml double cream

100g golden caster sugar

6 eggs

1 lime, zested

**to serve**

100g chopped medjool dates

50g honeycomb, broken into shards

2 tbsp chopped salted pistachios

50g dried banana chips

**1** Purée the bananas with a stick blender and tip into a heavy-bottomed saucepan with the cream. Heat gently until steaming, stirring all the time. Meanwhile, whisk together the sugar and eggs. Pour the hot banana cream over the eggs and whisk well to combine, then tip everything back into the saucepan.

**2** Cook over a low heat, stirring continuously, until thick and the mixture reaches 78C on a digital cooking thermometer. You'll need to stir constantly, scraping the bottom of the pan so the eggs don't overcook or burn. Add the lime zest, whizz up again with a hand blender, pass the mixture through a sieve into a jug and pour into six serving glasses, ramekins or one large dish. Cover with cling film, then chill for at least 3 hrs, but preferably overnight, until set. Remove from the fridge and sprinkle with the dates, honeycomb, pistachios and banana chips to serve.

**GOOD TO KNOW** 1 of 5-a-day

**PER SERVING** 707 kcs • fat 51g • saturates 30g •  
carbs 50g • sugars 46g • fibre 3g • protein 10g •  
salt 0.3g






# YALUMBA RAMADAN IFTAR BUFFET

Throughout Ramadan, families and friends can gather together for delicious authentic Iftar at Yalumba! Prepare to tuck into classic Middle Eastern grills, mezze, traditional juices and desserts with interactive live cooking stations.

AED 169 with traditional Arabic juices  
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Le Méridien Dubai Hotel + Conference Centre  
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Competition



WIN!

2-night stay at  
La Ville Hotel &  
Suites!

## Win a two-night stay at La Ville Hotel & Suites in a stylish one-bedroom apartment, including a delicious breakfast buffet for the family, at Chival Global Social, worth Dhs5,000

Stay at La Ville Hotel & Suites, part of Marriott's, Autograph Collection, a stylish, boutique hotel found in the heart of City Walk, Dubai. This distinctive low-rise property offers a unique and relaxed vibe amongst the metropolis of the city. Comprising of 77 rooms, 11 suites and 68 apartments, guest rooms are spacious and celebrate relaxed urban luxury. Settled in iconic architecture it celebrates open spaces and provides a sociable setting for guests

to meet and mingle. Guests can rely on a warm and personalised service with surprising cosmopolitan and social experiences, tailored to individual preferences and moods.

Dining is a key highlight and with three restaurants, a lobby café and rooftop bar boasting mesmerising skyline views, La Ville Hotel & Suites is for everyone, the sophisticated experience seeker, frequent traveller or stylish socialite looking for a lively urban setting.

The prize draw for a 2-night stay at La Ville Hotel & Suites will be made at the end of May 2018. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability.

Log on to [bbcgoodfoodme.com](http://bbcgoodfoodme.com)

to enter this competition and simply answer this question:

Where is La Ville Hotel & Suites located?

SCAN THIS QR CODE  
TO GO STRAIGHT TO  
OUR WEBSITE.



\*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.



WIN!

3-night stay at  
The Residence Mauritius!

## Win a three-night Mauritian hideaway for two at The Residence Mauritius on a half board basis, worth Dhs5,000

The Residence Mauritius is situated on the east coast of Mauritius along a mile-long beach of immaculate white sand, fringed by the azure Indian Ocean and tropical gardens.

This luxury Mauritius resort blends modern elegance with classic, colonial style that envelops you in an endearing sense of nostalgia. Live like royalty in rooms that radiate luxurious comfort and charm, with attentive

service worthy of the grand colonial houses of yesteryear.

Dine on exotic cuisine that captures the incredible potpourri of island flavours. Discover new secrets to soulful relaxation within our serene spa sanctuary, and an endless playground of attractions and activities to be found in the island's unique mix of cultures and stunning landscapes.

**The prize draw for a 3-night stay at The Residence Mauritius, will be made at the end of May 2018. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability. Transportation to Mauritius is not included.**

**Log on to [bbcgoodfoodme.com](http://bbcgoodfoodme.com)**

to enter this competition and simply answer this question:

**Which coast is The Residence Mauritius located on?**

**SCAN THIS QR CODE  
TO GO STRAIGHT TO  
OUR WEBSITE.**



\*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.



# COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.

## WIN!

**DINNER FOR 2  
AT BRASSERIE  
DU PARK, THE  
PROMENADE!  
WORTH DHS1,000**

Experience contemporary dining that combines French elegance with comfort, offering Normandy inspired brasserie cuisine in a relaxed atmosphere. Catering to the refined palettes of the well-travelled, Brasserie du Park prides itself on providing wholesome dishes, representing simple yet genuine flavours.



## WIN!

**A VOUCHER  
TO SPEND ON  
MILKSHAKES  
AT  
KEVENTERS,  
LA MER!  
WORTH  
DHS500**

Choose from a wide set of modern and classic flavours like Lotus Biscoff, Nutella Marshmello, Nutella Caramel, Bubble Gum, Kit Kat, Strawberry and Mango Milkshakes.



## WIN!

**A 1-NIGHT STAY  
AT DANAT AL AIN  
RESORT FOR 2  
WITH BREAKFAST!**

Danat Al Ain Resort is located in Al Ain, the famous 'Garden City of the Gulf', a haven of peace and tranquillity. The 5-star property features over 216 rooms, spacious suites and villa with an option of overlooking the swimming pool or wonderful Jebel Hafeet Mountain range. The resort encompasses a choice of seven restaurants serving Intercontinental to fresh and modern Indian cuisines and the very famous Irish spot Mcgettigan's.



## WIN!

**LUNCH OR  
DINNER FOR  
A FAMILY  
OF 4 AT  
BOARDWALK!  
WORTH  
DHS500**

Boardwalk is a family friendly, beautiful Creekside restaurant, nestled on the shores of the idyllic Dubai Creek Marina. With its marina inspired interior and a cosy terrace offering spectacular views across the Creek, the iconic restaurant features a striking fresh seafood display reminiscent of a Mediterranean market.



## WIN!

**A RAMADAN IFTAR  
FOR 4 AT KALEA!  
WORTH DHS640**

Win a chance to experience the sumptuous Iftar buffet with a Polynesian twist for 4 this Ramadan at Kalea restaurant in Lapita hotel, Dubai Parks and Resorts.



## WIN!

**A VOUCHER  
FOR KOITA'S  
NEW COOKING  
CREAM!  
WORTH  
DHS500**

This cooking cream is brand new to the market. Made from Italian milk and very importantly, it is hormone free. Koita is already stocking some of the best restaurants and cafes with this product and it is great for use at home too.



To be in with a chance of winning these prizes, visit our competitions page on [www.bbcgoodfoodme.com](http://www.bbcgoodfoodme.com), or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

\*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



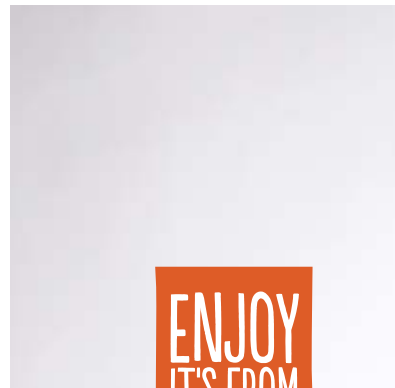


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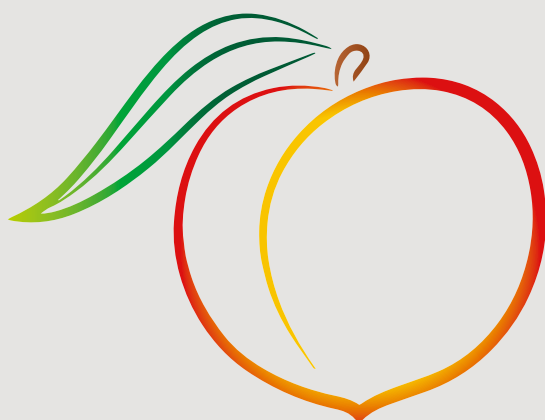
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